

NO INHIBITIONS

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Vol. 98 NO. 8 August 1997 U.K. £2.60 CAN \$7.50

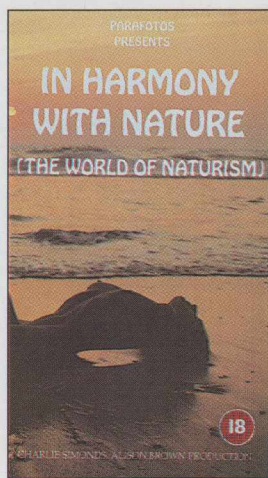
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worth a
gamble?**

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Mallorca
and the Mistral**
- naked on the Med

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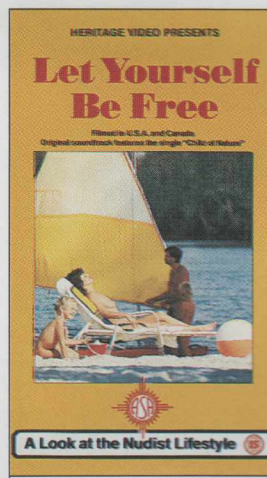
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Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this film they present a lively look at naturism and visit naturist resorts in the UK, France, the Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

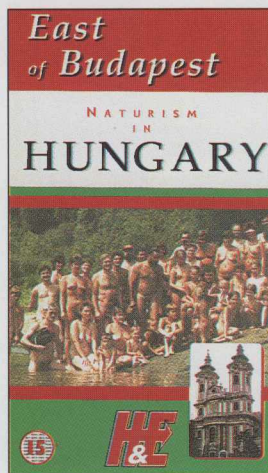
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This video is one of the most extensive productions undertaken by the American Sunbathing Association, exploring in detail the modern world of nudism. Filmed on location in USA and Canada, it offers a magnificent vista of contemporary nudism. Nudists extol the virtues of our lifestyle through a series of candid interviews. (approx 30 mins)

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ORDER YOUR VIDEO CHOICES ON PAGE 59



From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes)

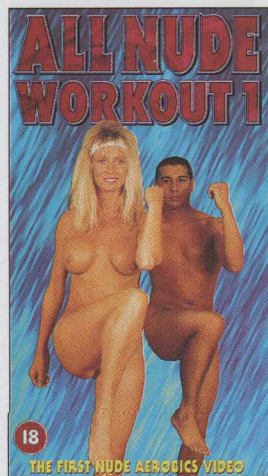
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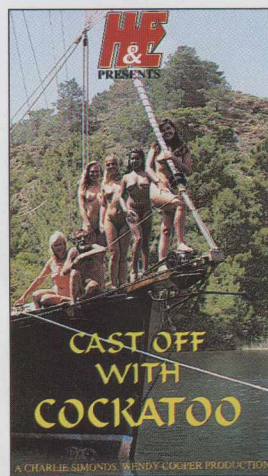


Wendy Cooper and Charlie Simonds provide clear practical guidance on how to start, or improve your video filming technique. This informative and entertaining film is shot in beautiful naturist surroundings. Whatever your level of video expertise, there is something here for you.

(approx 55 minutes)

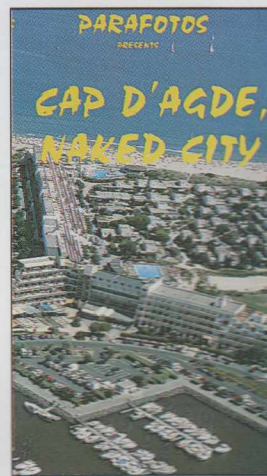
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The Turquoise Coast of Turkey is the picturesque setting for a naturist sailing holiday aboard the ship Cockatoo. Discover a beach of tortoises, and hunt for ancient treasure underwater. Turkey is a country with a rich and fascinating culture into which you can dip through this Charlie Simond's video (approx 55 minutes)

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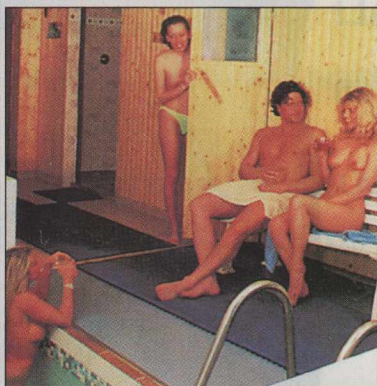
Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

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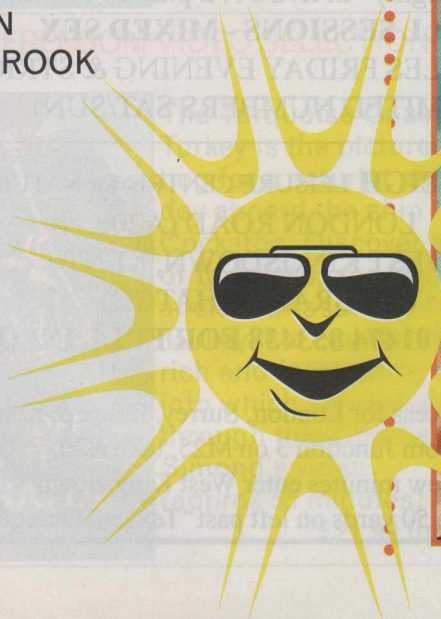
The sun - it's what makes life worth living for most of us, but could it end up killing us? In August's H&E we have a sunshine special; with information on resorts, climates, tanning products and the low-down on the real dangers of suntanning. We even have a medical doctor on board who shares his expertise with our readers, while we look at the history of sun worship and the argument behind its benefits.

If you've weighed up our advice and still want to go for the burn it's not too late to book an out-of-season holiday. We look at what France and The Gambia can offer you sun seekers. And if you're about to set off for Mallorca, read all about the island with the split personality and how to keep clear of those union jack shorts.

The big news is that H&E is about to open its own club. At the moment things are in the very early stages but watch this space for open days, events and special naturist deals.



HELEN
LUDBROOK



H&E

NO INHIBITIONS

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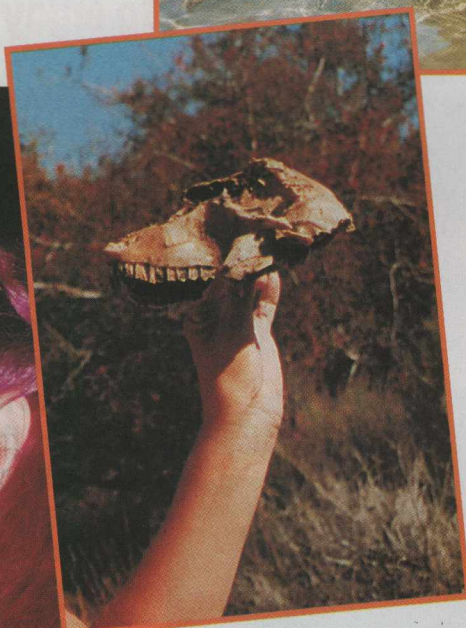
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EDITORIAL DIRECTOR Helen Ludbrook

PROJECTS DIRECTOR Jane Hendy-Smith

ART EDITOR John Clement

THE 98th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are fab! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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All news items are published in good faith. However as regards contents and accuracy we are reliant on information which we receive from contributors. In the event of any error we will endeavour to publish a suitable correction in the next issue following the matter being brought to our attention.

ACCESS
ALL AREAS

Share with us *your* news, views and pics -
the chance to connect with your kind of people!



My summer in Monsena



Fore-warned is fore-armed, but do you need to be one of the UN peace troops to enjoy Croatia? John and Angela Staples found nothing but peace of mind

Having announced our intention to visit Croatia for last year's holiday, friends and relations seemed to think flak jackets and mortar launchers would be useful additions to the holiday luggage. I figured, however, that Phoenix Travel wouldn't be advertising holidays to this former Yugoslavian province if it wasn't safe.

We'd chosen to go to The Monsena Naturist Centre, situated some 4km from the fishing village/town of Rovinji. Monsena is a vast complex of bungalows and restaurants with its own swimming pool, woods and rocky seashore which goes on for miles. Naturist walkers would love it!

There is also a large area reserved for touring caravans (up to 2,000). The Monsena complex also boasts its own marina and there are motor launches available for hire.

On our visit we were one of only eight British couples. The vast majority of other naturists were German, with a few Dutch and mixture of other European nationalities.

Generally the day's activities, weather permitting, revolved around the beach, which backed onto a large terraced area where people had lunch time drinks and snacks (wine



was cheaper than coffee!) There was also an excellent pizzeria and coffee shop which served the best custard slices I've ever tasted.

Mini-golf, volley ball, tennis, wind surfing, water-skiing, and an array of other daytime activities were all available.

Unfortunately, our first week was marred by thunderstorms, which at the end of June managed to produce hail stones the size of golf balls. They were torrential enough to damage people's cars - but everyone kept smiling!

The second week the sun shone so we were able to get down to some serious sunbathing. We also took a naturist boat trip to Lim Fjord with a stop-over at Vrsar - which I'd definitely recommend. Lunch was included, served by the ship's crew, as we weighed anchor at a jetty half way up Lim Fjord. Everyone started leaping off the boat for a pre-lunch swim - the look on the faces of the people on the other boats was a picture.

Rovinj is a lovely harbour town with lots of restaurants and shops, and a daily market. We ate at three or four different restaurants, even though we were half-board. The Monsena complex did have an à la carte restaurant and pizzeria - the food in both was excellent.

Most evenings, after we'd dined, we would stroll down to the sea front terrace, order a jug of wine and watch the waves lap the rocks. We'll certainly be visiting here again - flak jackets definitely not required.



Angela leaves her battle fatigues on the beach

Naturist beaches and clubs in Europe

0891 805 433

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Calls must be made from a push button phone and users must be a minimum of 18 years of age.

Studland update

Members of Studland United Nudists conducted their third litter clearing exercise at Studland Bay on Sunday, April 27 this year. Although the uncertain weather kept numbers low, those who did turn up enjoyed a warm, sunny day.

Controversy still rages between Studland naturists and the National Trust. Earlier this year the National Trust failed to get planning permission for posts erected on the beach. The matter was then referred to a planning meeting on May 28, from which H&E has heard no further news.

The Studland United Naturists hoped that while the posts were illegal, the police will stop the harassment of law-abiding naturists using an area they have been free to roam for 80 years.

In the swim

Kathy Smart's first experience of naturism wasn't on some exotic beach - it was down her local swimming baths!

The sands at St Marguerite

“Fancy a spot of nude swimming this weekend?” my husband asked quite out of the blue.

To say I was surprised was putting it mildly. We'd not been together very long and this was something completely new. True, I'd spotted the odd copy of H&E in his filing cabinet but hadn't read it and thought little of it. After all, most men like looking at naked women, didn't they?

“What did you have in mind?” I asked, imagining a bit of skinny dipping and some sunbathing on a beach somewhere. I couldn't have been more wrong.

Quite by chance he'd discovered a naturist swim club met every Sunday morning at a nearby pool and wondered if I might be interested in going along to see what it was all about. I think he was secretly intrigued by the idea of naturism but didn't have the bottle to go on his own. Being open to new ideas I didn't dismiss his idea completely, but I did have some reservations.

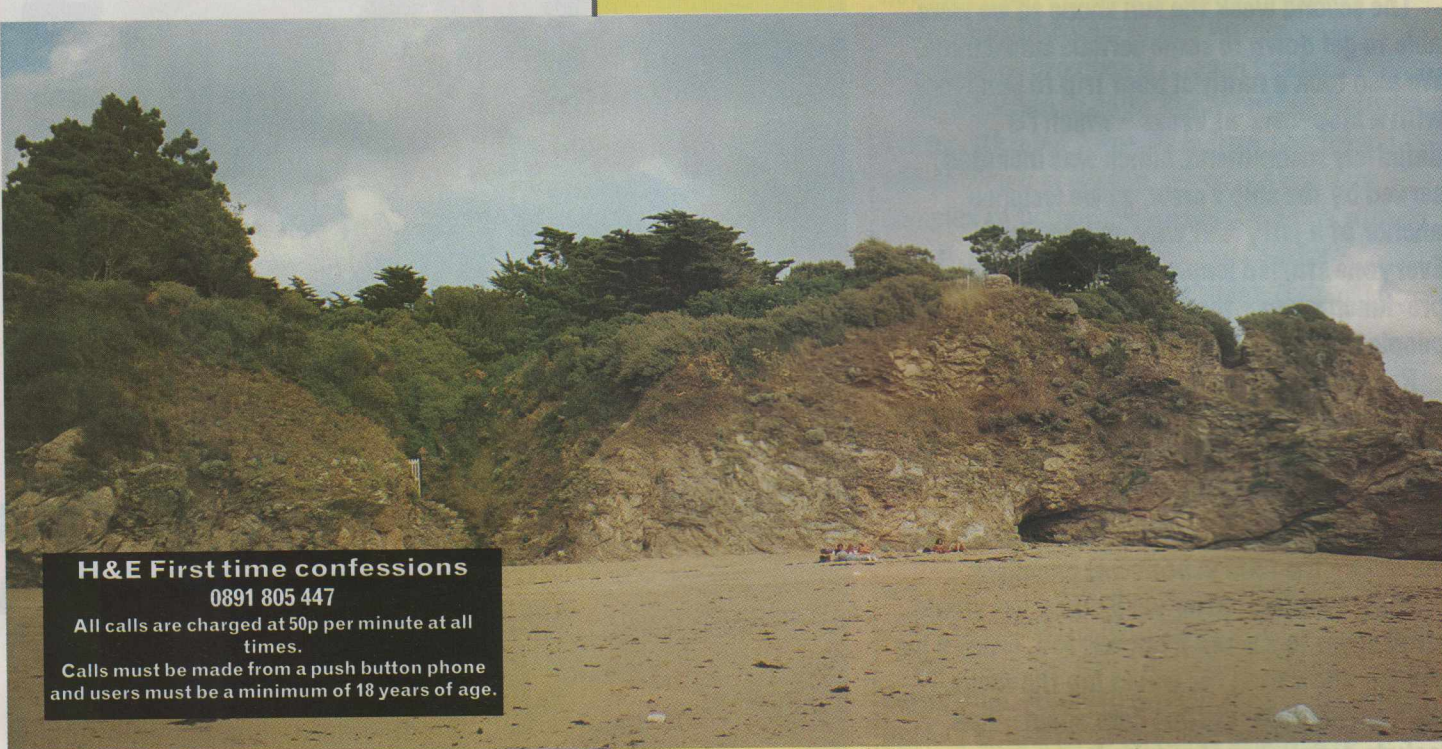
How would I feel about stripping in front of complete strangers? How would I react to having a lot of men (and women) looking at my naked body? And how would I cope with a lot of people baring their all in front of me? Could I cope at all or would I be overwhelmed with embarrassment, feel extremely uncomfortable and not enjoy the experience one little bit?

With my doubt still intact, I agreed to go along the following Sunday and spent the next few days trying to rationalise the situation. I'd stood naked in front of my doctor and not batted an eyelid so why should this be any different? If I didn't like it, I needn't go again. If I felt embarrassed it was unlikely I'd see any of the other

H&E First time confessions
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naturists again. And anyway, I wasn't any different from anyone else and they'd all seen plenty of naked bodies of all shapes and sizes before, so what was I worried about? I wasn't worried - I was terrified.

The big day arrived and we were greeted on the door by a woman (clothed) with a reassuring smile and cheery hello. She explained we could join as a guest for one week to see how we liked it. She then called over the secretary who was completely naked. He appeared totally unselfconscious while I was very nervous. I was wondering whether I should leave there and then..

We were shown around the whole complex and by the time we undressed we'd begun to relax. I was amazed at how relaxing it was swimming without clothes. The sense of freedom was a revelation. It was clear that just about everyone else felt the same. There were men and women of all ages, shapes and sizes, as well as several teenagers and children, all enjoying themselves in the water. The fact they were naked was of no consequence.

I was surprised to see a heavily pregnant woman in the pool but realised that swimming without the constrictions of a costume must be wonderful relaxation and exercise in her condition. After our swim we went to the gym for a bounce on the trampoline - which resulted in me crippling my big toe. I'd recommend sticking to table tennis.

As we left to join the textile world - yes, we were learning the jargon - my husband asked me how I'd felt having a lot of men staring at my naked body. I realised then I hadn't even been aware of anyone looking at me. I had been totally unselfconscious the whole time and had enjoyed the experience immensely. I was already looking forward to next Sunday.



We were shown around the whole complex and by the time we undressed we'd begun to relax. I was amazed at how relaxing it was swimming without clothes.

Kathy's first experience lead on to a new naked lifestyle

"What did you have in mind?" I asked, imagining a bit of skinny dipping and some sunbathing on a beach somewhere. I couldn't have been more wrong.



**Naturist beaches and clubs in
Britain**

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Roy Rogers in the wild west

Larry Keane gets a warm welcome at St. Anne's Cottage

If you want to enjoy a very simple lifestyle, naked in natural surroundings, you should investigate St Anne's Cottage Camping and Caravanning site in Dorset.

The owner, Roy Rogers (no, he's not a cowboy!), told me I was always welcome, so I decided to take him up on his offer. The site is run by Roy, and his friends Reg and Hazel.

This area is a real naturist paradise. St Anne's is between Wimborne and Ringwood with the nearby naturist venues BDOC, Avondale, Rivendell, Studland and, unofficially, Hengistbury Head. There's also naturist indoor swimming at Dorchester and Wimborne, but not in the summer.

St Anne's Cottage is hidden on the Dorset-Hampshire border, near the New Forest, off the Ringwood-Horton road. Like most naturist places it's fairly difficult to find, and you have to be prepared to look out carefully for the sign. At the site you go up a narrow lane and open a gate marked "private property". Once inside, you drive up the gently rising, winding lane, left past the old cottage and yard.

At the back of the site is a pleasant, flat field

with short grass and a few trees. All around are flowers and bracken. The facilities are simple but there are toilets, showers, and washbasins and electricity can be connected at the emplacements. Disabled people are welcome and toilet facilities are provided.

At St Anne's Cottage peace and quiet reign supreme. Anyone after anything more extravagant would be better off at BDOC.

**At the back of the site is
a pleasant, flat field with
short grass and a few
trees.**

St Anne's is open

from March 1 to the end of

October. The address is St

Anne's Cottage, Horton

Road, Three Legged Cross,

Wimborne, Dorset.

BURNING ISSUES

Just listen out at the club or the beach and hear the excitingly diverse opinions on naked living. At *H&E* we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you **STEAMED UP**, each month we'll put forward an issue of our own and ask you to send us your advice, **OPINIONS** or response. Come on, get writing; let those **SPARKS FLY!**

Our Burning issue this month is; should dogs be banned from naturist clubs and beaches?

Dog-gone!

Your article 'I couldn't leave you behind, pet' (Q74), like the feature by Petra Vallance last year, raises the issue of dogs and naturists.

In my experience of over 60 years, I've found dog owners oblivious to the fact that dogs, however well kept, are dirty animals with filthy habits. Indeed, the average dog owner seems to think it's a duty to inflict his pet on others whether they like it or not and regards anyone who objects as socially abnormal.

Such behaviour is especially offensive

among naturists, and includes dogs seeking to sniff human genitalia, bouncing over picnics or begging food from people.

My partner and I ask about dogs before visiting a naturist venue and if they are allowed we go elsewhere. We did once visit Cap d'Agde and the sight of dogs and their droppings throughout the city, even on the beach where they were supposed to be prohibited, was the worst feature of a general dirtiness which ensured we shall not go again.

JC Cambridge

More power to the penis

I really enjoyed reading the article "Another cock-up!" in May's *H&E*. However, I was disappointed you didn't actually show any erect penises, after all your slogan is "No Inhibitions". Murray Wren's amusing article rightfully stayed away

from any association with the word pornography. Surely a photo of an erection would have been appropriate in the context of such an article.

P.S I love new look magazine!

MG, Neath

Sorry - we can't show erections if we want to stay in the newsagents - Ed.

Holkham Beach - mystery solved!

After reading the issue in which Helen describes her aborted attempt at finding Holkham Beach, I felt I needed to encourage her to try again as on a good day, the effort is truly worthwhile.

From Helen's description and the accompanying photos you were not far away from your goal. From the small sign at the boardwalk, which you rightly described, it is about 20 to 30 minutes walk westwards along the beach in front of the pine forest.

Alternatively ambling through the pine trees is very pleasant, albeit clothed.

True, this long walk can be off-putting, but the area has such a beauty and peace it all contributes to a wonderful day. The wind can blow like nowhere else, and when it comes off the North Sea it can be bracing, but by sheltering in the dunes (if permitted) this can be overcome. I say "if permitted" as occasionally naturists are restricted to the beach in order to preserve the dunes.

You will know when you've reached the naturist area as its beginning is indicated by a row of "warning" signs to the many textile walkers who use the area.

P.S It was nice to meet Diana and Helen at The Dome - congratulations on the new format.

NE, Cambs

Home alone? Time to strip off

In May's *H&E* it was lovely to read Knut Ohrstrom's article on his friend's daughter. Her comment that mum doesn't go to nudist beaches or clubs but strips off at home sounds very true of a lot of readers.

When I have taken ships to the Caribbean and South America we have carried female friends of the boss or crew. They often asked to sunbathe on the bridge top so I used to switch the radars off and let them go up.

They usually went topless but in a few days they were completely naked. Once they realised I was a naturist they invited me to join them. They told me they went naked at home or topless in the garden.

MB, Pakefield

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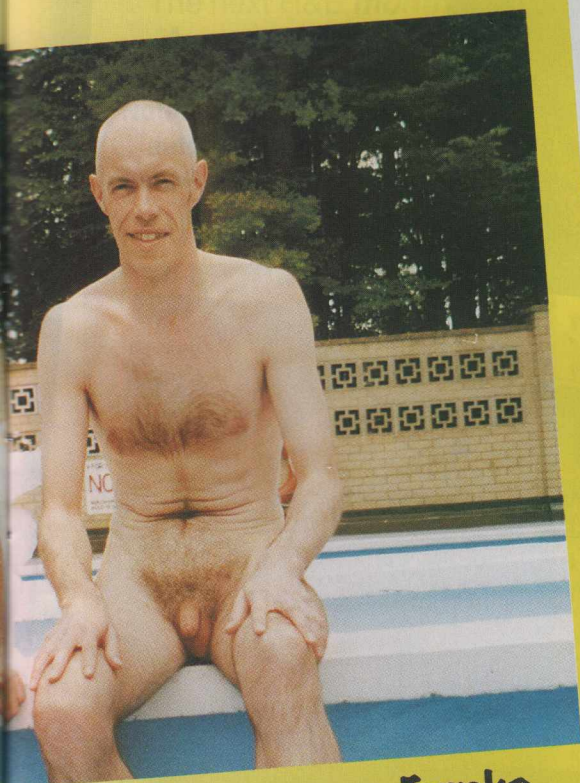


Stuart (left) meets new faces and nude bodies

Eureka - they've done it!

**H&E's Helen and Diana popped down
to see how the club is coping post-
Mark Wilson**

(Left) Murray
Wren's photo
workshop



**For information on Eureka
and their Fun Day ring
01474 704418**

It's great to see a club surviving despite the odds, and Eureka has certainly done that. After the death of the charismatic Mark Wilson, the maverick naturist who ran the club, many feared it was curtains for Eureka. So much so that one group immediately broke away to start a "new Eureka", Nureka a few miles from the present site.

Their action was perhaps premature because the club is still running two summers later. Uncertainty surrounds the site and the Billings family who own the land seem set on seeing the end of the club - but how soon that will be, or if they'll change their mind, remains to be seen.

So after all the controversy H&E were pleased to hear much more positive news. Eureka asked us down to their open day on May Bank Holiday weekend to meet the Eureka regulars, and some new faces, at the club.

I was struck by how little had changed since I'd last been to the club in Mark Wilson's time. The sunbathing lawns and pool area look well cared for and it's obvious the new team at Eureka are a dedicated bunch.

In fact the only noticeable difference since my last visit was the number of people there. Stuart Greenwood had hoped the weekend would attract new members but few had turned up. He admitted his idea for the open day had been very spontaneous, and he hadn't had the time to organise much publicity. With competition increasing from certain other clubs in Kent, Stuart will have to start putting more thought into his PR campaigns.

The weather certainly looked like it was going to be a crowd-puller but was ultimately a let-down. Usually sunburn warnings on Michael Fish's map means sizzling sunshine, but the biting winds plunged the temperatures to something more akin to the '87 hurricane. Diana Roseman and I were firmly entrenched indoors (an even better way to avoid sunburning).

Some hardy members of Eureka remained outside. Flat-out on the lawns, their determination to top up their tans was admirable. Around the swimming pool a previous editor of H&E and naturist photographer, Murray Wren, was holding his photoclub workshop. Unlike Charlie Simonds, who has made his models pose in freezing water on H&E's fun days, Murray was far more benevolent and kept his girls warm, dry and very grateful!

Despite the low turn-out, I met some lovely people, and the general vibe is still one reminiscent of Mark Wilson's era. Stuart said the Eureka Fun day in August would be a much bigger event, and something we can all look forward to. ➡

Christmas has come early!

At H&E we love to be invited to the clubs to meet our readers, and discover more about the facilities on offer. But the fabulous news is we now have a club for ourselves!

How did this all happen? Well, it all started as a joke. Peter Williams who owns the site is a bit of a prankster. He'd already been on Meridian TV thanks to the bizarre rockets and giant people he'd constructed out of old tin cans above his land.

Next thing was to put up the sign; "Naturist Woods" on the busy main road past his property - again to provoke fun and comment. However, when he was inundated with enquiries he thought he'd better give it some serious thought. That was when Peter approached H&E.

We all thought it would be great to do something really different and decided to join forces in providing H&E readers with their very own club. Christmas Pie Woods won't be in full swing this summer but we will be offering camping facilities, self-catering accommodation, and eventually sauna and swimming pool. **H&E**

To give our readers a taster of what's in store we'll be organising an open day and events over this summer. For more information leave your message and number on 0181 983 9969



Peter shows Helen Christmas Pie's naturist potential

Helen's staked her caravan place



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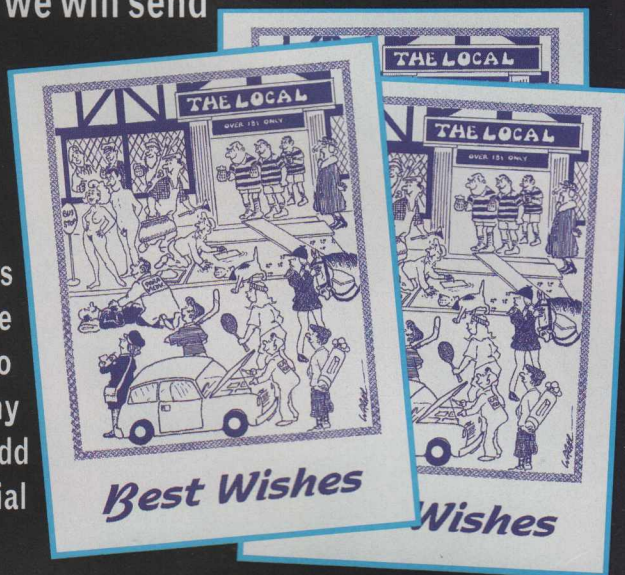
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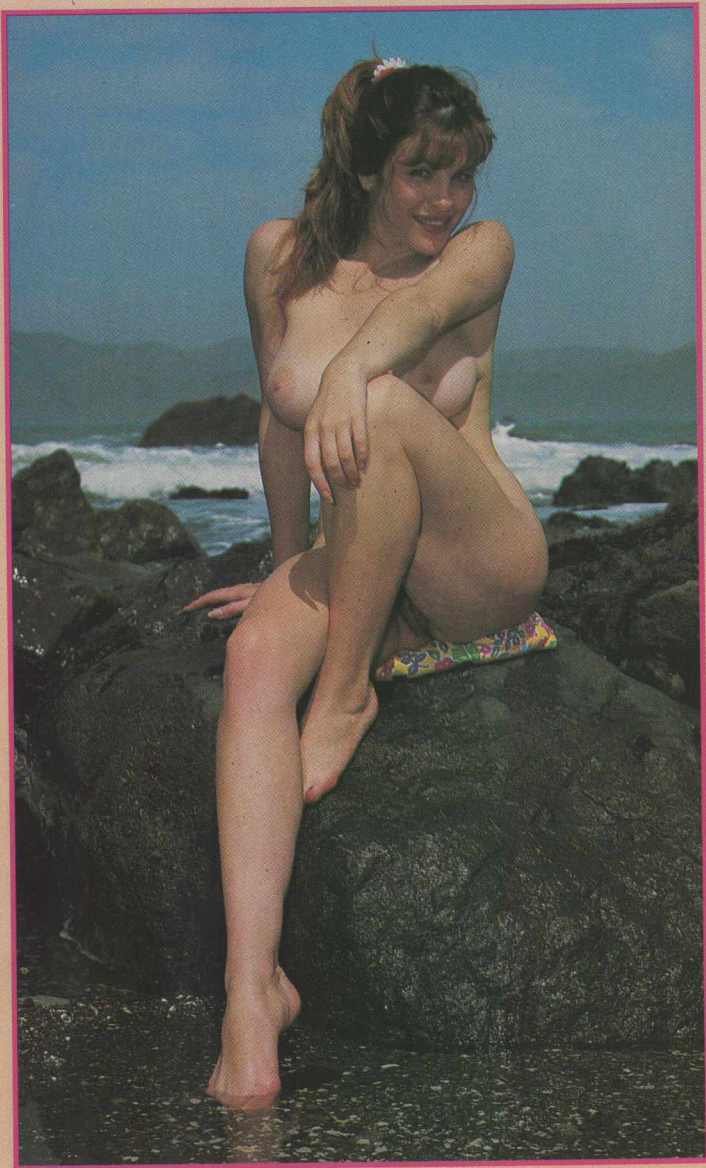
Rachel

**You can't always depend on
the weather at the beach -
but you can have a good
time even when it's stormy**



Photography by Leif Heilberg





**Rachel prefers to brave the elements
than keep her clothes on**



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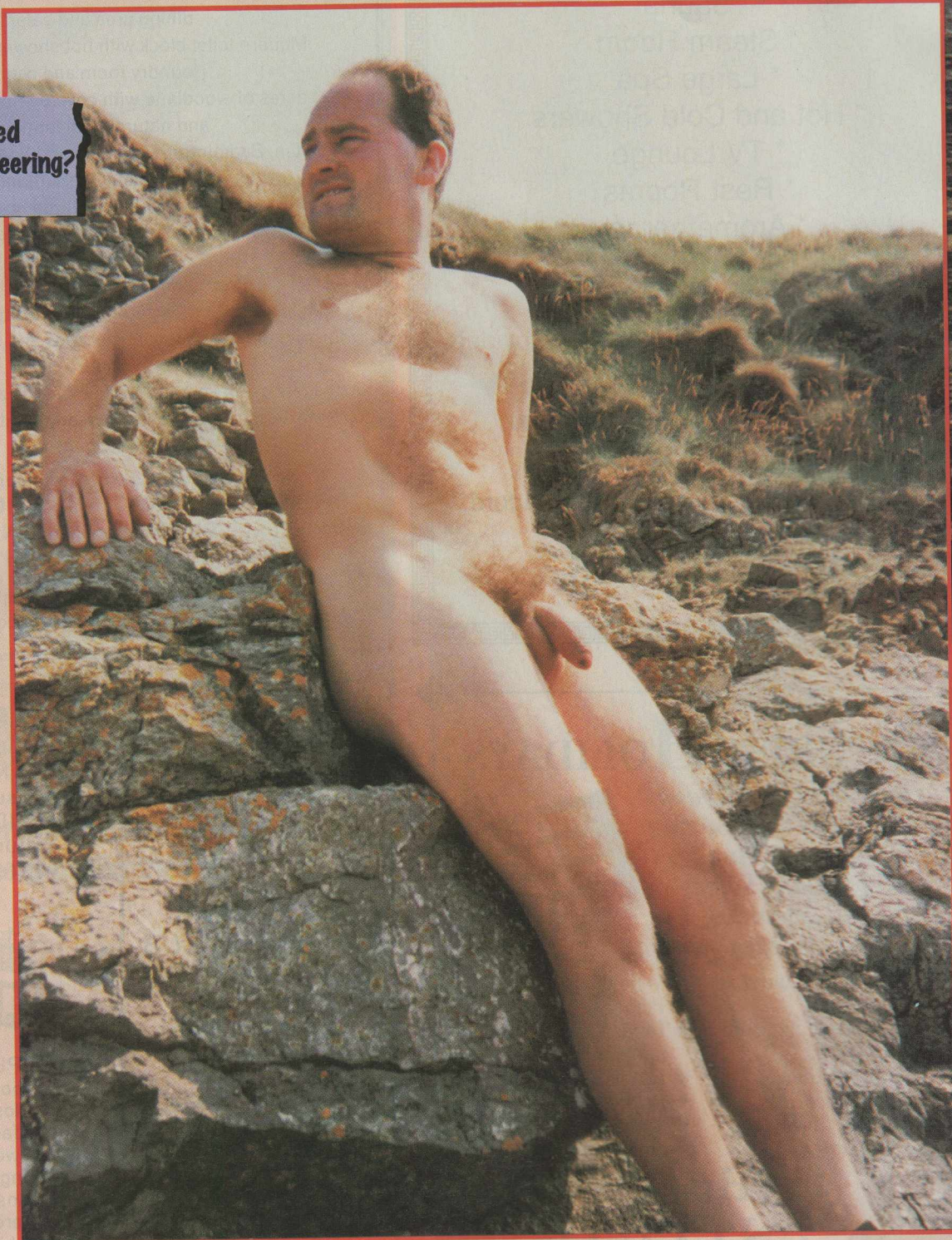
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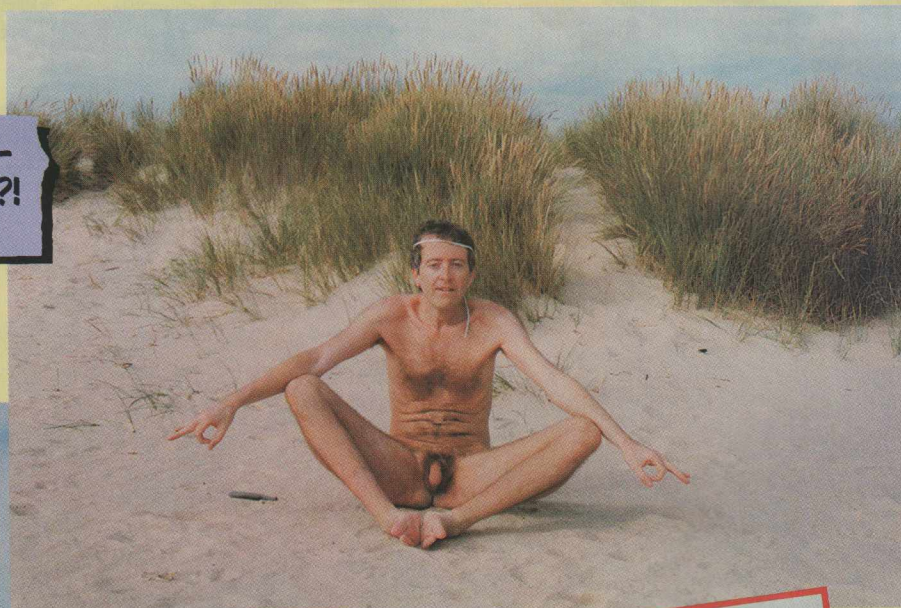
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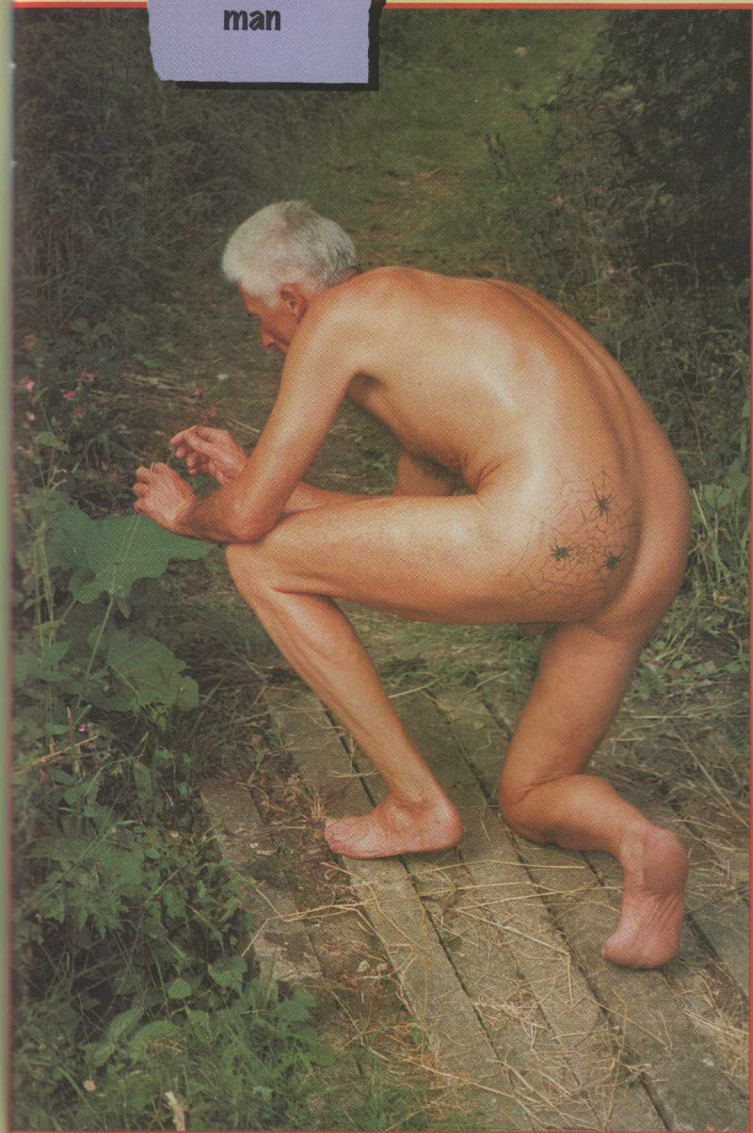
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backyard

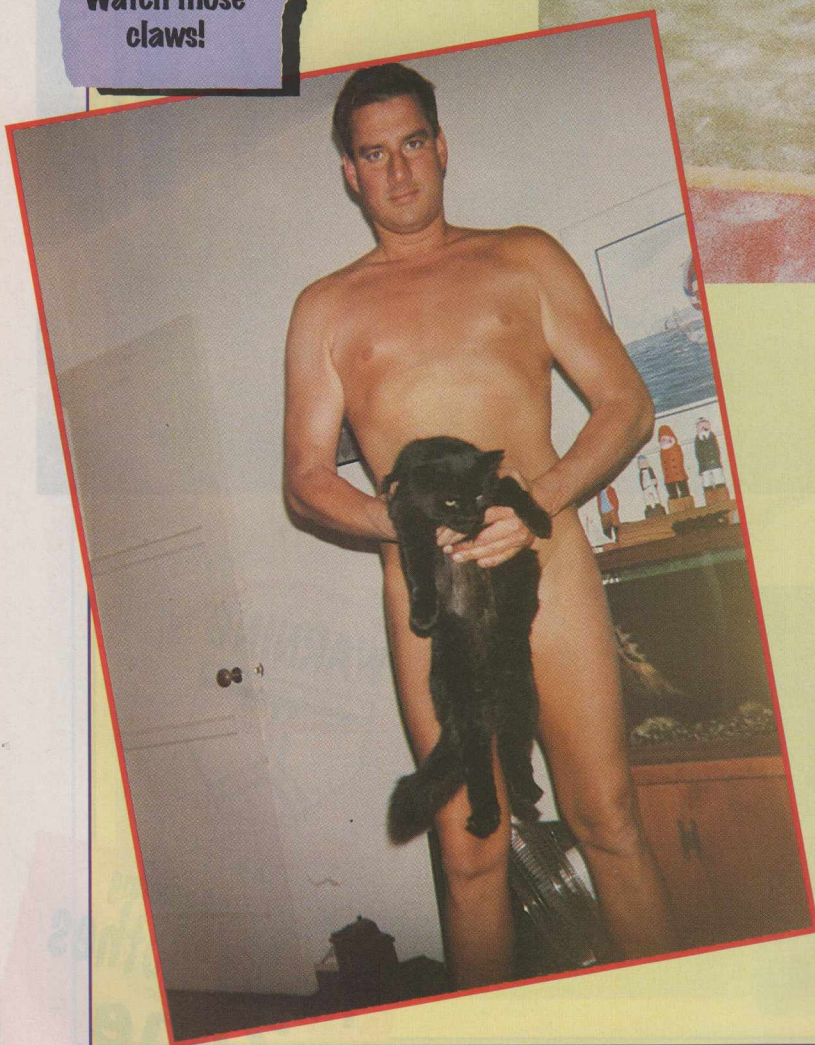


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"Hello girls"



A smooth smile



Woodland wanderer



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An H&E special on sun, fun and safety



Sexy, Sizzling, Radiant - What A Star!

We like nothing better than to take our clothes off when we see this heavenly body, but like all the top celebrities - the sun is pretty choosy about making appearances. Katreya Somerville warns if we continue in this blind worship we could end up with more than our fingers burnt



She's beautiful, she's blonde, she's naked, she's rising from the waves like Botticelli's Venus. As she approaches you notice her gloriously deep, bronzed skin framed by her naturally golden tresses. As she perches on the edge of your sunlounger do you: a) admire her flawless all-over tan? b) ask her if she'd like to meet you later for a drink or c) recommend she checks up at her local dermatological clinic? If the answer is a), it might help you with b), but if you really want to do her a favour, consider c).

Suntanning is dangerous. It may seem like the most natural thing that naturists can do, but get it wrong and you could be taking your life in your hands. Treat the sun and your body with respect and you can still enjoy it. Approach it like wind surfing or water-ski-ing; have fun, but make sure you wear your safety harness, and take all necessary precautions.

Many naturists are still in a time warp. In the Fifties and Sixties, Health & Efficiency published several learned articles recommending as much body exposure as possible to the sun. For that was the way to collect plenty of Vitamin D, and the general feeling of well-being the sun could give you. Any naturist who feared accusations of being eccentric or over-sexed could point to the journal and feel redeemed.

That was before foreign holidays, holes in the ozone layer and the bad news that over 40,000 people in the UK are diagnosed with skin cancer each year. Some people still won't be told, and the young (who should know better)

are just as foolhardy.

Last year I saw young naked British bodies baking on the beach, blistering and burning. Beside them lay leather-skinned old wrinklies - which should surely have served as a warning? I even saw some thrifty naturists smothered in vegetable oil and lying on silver foil to get maximum effect of the sun. Goodbye Mr Chips.

Let's not get too scared. We don't need to huddle in the shade wearing balaclavas and bandages, but we do need decent sun protection.

Fashion is on our side. Carefully managed mahogany tans simply aren't stylish. The mad craze to look more like a conker than your pool-side neighbour by the pool lasted less than 30 years. Snobbery and money are, as usual, behind it. Until the 1920s suntans were not the thing. When, in 1923, Coco Chanel turned up looking like the toast of fashionable Paris she shocked the lot of them. Sun-tempered complexions were the sign of outdoor living and the labours of the working class.

The 1970s popularised foreign holidays for those who could afford them. Suddenly you couldn't move for blistering brown faces, trilling Spanish Eyes and clicking castanets in your ear. Brown was beautiful, pale skins were for the poor.

The mood's moved on. Some, at least, have listened to the warnings. At the end of the last decade when Jerry Hall appeared in a hat bigger than her old pa's 10 gallon jobbie, we knew the game was up. It's taken a few years, but those English Roses still trying to emulate Diana

Ross are not only playing with fire but démodé, too.

The sun is still associated with good health. We all need a certain amount of sunlight for the body to manufacture Vitamin D, but not that much!

Let's look at what scientists are now telling us about the sun.

We face increasing dangers from the sun's rays. In Spring 1996, record levels of ultra-violet radiation affected Britain. These rays comprise three types: A, B and C. UVC rays are harmless. Over-exposure to UVA rays make our skin thin and turn us into wrinklies. UVB rays give you the burn. These are the ones that can lead to skin cancer. UVA together with UVB penetrate deep into your skin, causing sagging skin tone, enlarged blood vessels and wrinkles. Some dermatologists are linking these oldie (UVA) rays with skin cancer as well.

We need to protect ourselves even in Britain. With our increasingly extreme temperatures we have to start taking care from Easter. Some recommend all year protection, because even winter sun sends enough UVA rays to add years to our lives.

Naturists need to take special care. Consider that you are about 10-15 times as likely to get skin cancer on face and neck (the areas that are usually exposed) than elsewhere. We realise that whatever extra body parts the naturist reveals need special attention. For these we

An H&E special on sun, fun and safety



must use a product with a high SPF (sun protection factor).

We are not equally at risk. Very dark skinned people have a lot of melanin in their skin to protect them against the sun's excesses, and there is a sliding scale of skin types, graduating to the fair skinned, Celtic type who has very little natural protection. If you're redheaded with freckles you'll really have to protect yourself as you'll burn badly into the spaces between your freckles. Those with naturally fair haired, or green or blue eyed types are also likely to have less protective melanin in their skin.

Unless you are very dark-skinned, it's probably safest to buy commercially prepared sun protection. There are some home-made potions which provide some sun defence, but they are not likely to be very reliable. You could, of course, just smear zinc oxide over you, which is a natural sun block, if you don't mind looking like a left-over from a white Christmas.

All sun creams and lotions should be marked with an SPF number. The number stands for the multiplication of time you can spend in the sun with protection. So if you normally burn after 10 minutes in the sun, wear an SPF 10 lotion and it should protect you for 100 minutes.

Until 1986 you couldn't buy anything higher than SPF 15 which then seemed extreme. Now it is common to see SPF30. It is debatable whether it is necessary to go any higher. Also, the chemicals used in the higher SPF products may cause more irritations in people.

There was some alarm two years ago when it was reported in the Sunday Times that the same SPF factors varied from product to product. When further tests were carried out last year by the Consumers' Association, there were still inconsistencies but all erred on the side of safety by giving higher protection. Apparently this was because most people don't put it on properly. We should apply our creams thickly, and not rub them in too much.

Children are particularly at risk because skin protection understandably rates lower in their priority list than burying Dad in the sand or splashing awake anyone who hasn't stirred for ten minutes. Parents should therefore take responsibility by ensuring their kids are well protected with a high protection cream, preferably water resistant, regularly applied. Try to keep babies as much out of the sun as possible. The effects of bad sunburn

unfortunately do not show until years later, when skin starts to prematurely age or worse, early signs of skin melanoma appear.

Some people suffer from skin rashes and irritations. This can be caused by an allergy to the sun. Some very high SPF factors (virtual sun blocks) will protect against this.

In recent years sun tanning machines have been popular as a safe and controlled way to build up your tan. However, recent research suggests that even these UV rays could be linked to malignant melanoma. The American Medical Association would like a ban on these machines for non-medical purposes.

False tanning creams have vastly improved in recent years. No need to walk out with orange patches like Spotty Dog. They are increasingly worn by both men and women. It helps to exfoliate and shave first. Smoothies can expect superb results.

Despite everything we know, naturists seem unlikely to proudly sport their lily white complexions. If you are going to go brown come what may, at least go for gold gradually, using good protective measures, rather than going for the burn which could bring undesirable consequences.

Safe fun in the sun

- Avoid lying directly in the sun during midday hours (between 11am and 3pm).

- Re-apply sun creams frequently and particularly when you've been in the water (even if they're water resistant). Don't forget all your bits (including your head, back of neck, and soles of your feet).

- An after sun moisturiser may cool you down and help to keep your skin moisturised.

- Wear a sun hat - even if you think you look silly in it.

- You can still get sunburnt on a cool, breezy day. The wind may make you chilly, but does not stop the UV rays from reaching you. Even loosely woven clothes may not protect you. Studies have shown that half of the damaging rays can penetrate through a beach umbrella, and up to 40% of them can get through your wet T-shirt.

- If you should burn, look to Aloe Vera. Where it is indigenous, as in the Caribbean, you might be able to acquire a plant, cut it and rub it straight onto your skin as an effective antidote to sunburn.

Otherwise, lotions containing it may help. The American Air Force has long recognised its usefulness in treating radiation burns.

- Do wear good sunglasses. It doesn't matter how wacky in design, but the cheapest fashion specs will probably not help anything but your image.

Wear a hat to keep your cool



Slap it on

Stella Madison looks at the latest sun protection products that suit every lifestyle

The range of suncare products is mind-boggling. Where on earth do you start? Just make sure that an SPF number is written somewhere on it. Much of the choice is really to do with how high you want your protection to be. So fair skinned people going to a hot country will need to look in the Factor 15-30 range. The darker skinned will need a lesser protection.

You can buy tubes and pots of cream, bottles of lotions or spray-on cans. Again, keep the SPF factor in mind, then choose whatever suits you best. The smell is another factor. While coconut oil acts as an excellent moisturising base, sitting alongside a beach full of unwrapped Bounty bars can be slightly overwhelming.

There are some superb products which seem to offer specialised care, some of which I've mentioned below. There's also the important factor of price. Once you've decided which products do the job you want and smell the best, you'll need to determine whether you can afford it. If cost is a factor for you, stick to the cheaper reputable brands and you'll be as protected as the next person.

For drifters and others who sail off into the sunset

- **Long Lasting Five Hour Waterproof Sun Cream by Uvistat £8.99 (100g)**

The long lasting factor is certainly appealing for those who go off on your windsurf for hours on end and forget about the time. With an SPF factor of 25, a couple of bottles of this easy to apply and pleasant smelling sun cream should do the trick. Protects against UVA and UVB rays.

- **Solait 25 Very High Protection Sun Cream by Superdrug**

This provides ample shielding against sun and may be useful for those who dip in and out of the water. While it offers water resistance for up to 40 minutes in water, it is very easily absorbent and smells, well just like a branch of Superdrug.

- **Nivea Sport & Sun Block Lotion (SPF25)**

Sweatproof and sunproof with Vitamin E-plus, this has a very high protection factor, ideal for fair skinned types.

For sporty chaps who like to smell cool.

- **Solait Sport by Superdrug**

This is clearly aimed at men, as it claims to be sweat resistant and smells like a bottle of mild after-shave. Nice for women, too if you're up to your brim in coconut. Apparently, it is non-greasy enough to not

affect your grip, but if you're a serious water sports enthusiast you might have to find a place to keep it as it only provides up to 80 minutes protection.

- **Boots Soltan range also offers a Sports product, which offers to do more or less the same thing but has a slightly less astringent, more musky smell**

Forgot your head?

- **Malibu Dry Oil Spray £3.99 (200 ml)**

Those chaps who are thinning a bit on top musn't forget their delicate bonces. Malibu's dry oil spray SPF 8 is particularly useful as you can spray it all over your head; it'll protect the skin, but in spite of being a clear oil-like liquid, doesn't make your hair greasy.

After sunset...

- **Malibu Soothing After Sun £2.59 (200ml)**

This light cream soothes and moisturises after the heat of the day. It smells mainly of witch hazel which isn't bad, but you might as well still splash on your favourite scents and lotions. Its insect repellent content does make it useful to deprive the mozzies of their supper.

No more pongs, pur-lease!

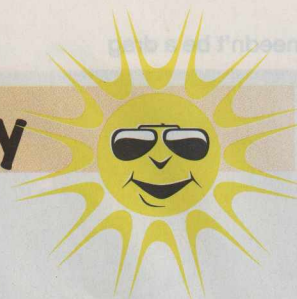
- **Soltan Derma Care by Boots**

This provides dermatological sun protection of SPF 25. It is allergy screened and fragrance free. This may come as a relief, as the whiff of a whole sun care-aware beach can be somewhat overpowering. It is quite dense, though, and doesn't absorb as well as some - but at least it feels like it's working.



Find a friend to reach to reach those tricky places

An H&E special on sun, fun and safety



Save your skin

Is tanning ever 'safe'? The medical jury is still out, but sun worshippers shouldn't despair. Dr John S Gilbody looks at simple measures to protect your skin - and they don't involve shunning the sun

Ever since the sun tan became popular, skin cancer has been a problem. It's now the second most common cancer in Britain, with over 40,000 new cases reported each year.

Skin cancer is of particular relevance to naturists as many are avid sun lovers. Fortunately, however, most skin cancers are completely curable, and very few turn out to be a serious disease. There is also a lot you can do to reduce your risk of getting skin cancer without having to forfeit your enjoyment of the sun.

WHAT IS SKIN CANCER?

Skin cancer is the commonest cancer in the world today, and is increasing at an almost epidemic rate. Over the next half-century, the Environmental Protection Agency predicts that the increase in ultraviolet radiation reaching the earth due to ozone depletion will lead to an increase in the number of skin cancer cases.

SOME INTERESTING FACTS

- 1 The sun's ultraviolet rays are responsible for over 90 per cent of all skin cancers. The longer you are in the sun without protection, the greater the danger.
- 2 As well as skin cancer and pre-cancer, ultraviolet radiation also prematurely and irreversibly ages the skin; so-called photoageing.
- 3 Basal cell carcinoma (BCC)

Night fakers

● Solait Body Glow by Superdrug

For an instant golden glow, this is easy to put on anywhere you like and looks effective, that is, no patches. Anyway, what you see is what you get, as it comes out brown. This washes off straight away, and is worth carrying a tube to avoid going out on your first day looking like a ghost. Not the thing to wear with bright white nylon shirts or dresses though, as it does rub off and is difficult to get out.

● Jet Bronzer Sunless Tanning Facial Cream SPF 6 by Piz Buin

This is the sort of thing you can wear as make-up around town. It's easy to apply, and gives you a lasting bronzed appearance. Can be useful for that year-round holiday look. It's SPF protection is ideal for those sunny but not boiling days.

Like it's the real thing...

● Soltan Wear Off Self Tanning Mousse by Boots

This aerosol mouse provides a longer lasting tan. You just squirt it on, and three hours later you're tanned. The trick with these products is to keep the skin shaved and moisturised and spread on thinly. Repeat if necessary. If applied correctly, it can look quite convincing.

Lippy love

● Block lipstick SPF20 by Piz Buin

Smells cool, and is vital to keep on to protect our sensitive lips. This contains aloe vera for added protection.

Kids have all the fun

Kids are at the most danger, as you can't possibly keep them in the shade. They insist on running out into the sun, leaping into the water and exposing their delicate skin to the sun.

It's therefore worth any inducement to keep them coming back for their top up of cream. Mr Men Toiletries Company has produced a range to make regular protection fun. The Mr Happy Holiday Pack with Factor 25 and Factor 15 cream has a slightly cocunutty smell, and as long as you explain to minors that it's not for licking it should do nicely.

● Mr Bump pack with added insect repellent weighs in the heaviest, sun factor-wise (SPF 35). Could be useful, although in my experience, you have to deal with the scorching sun during the day, and fight off the insects at night.

● Little Miss Sunshine's SPF 8 pack (£6.99) will suit little girls who are not too fair-skinned.

● Really brilliant are Mr Funny's tubs of face paints, which come in lurid pink, blue, yellow and orange thick creams. They are so appealing that I'm wearing them as I write. . . They have an SPF of 15, and should ensure a whole gang of little warriors on our beaches.

Most manufacturers produce a children's range, which seems to differ mainly in the packaging from the standard ranges. You can keep your kids well protected with any range. Most of them will be higher factors, and they should all be waterproof. Avoid any if they are not.

It seems the most sensible approach is to go for the highest factors, for most protection. Uvistat produce a babysun 'ultrablock' SPF factor cream which smells nice, is mild, although it offers only 85 minutes of water-resistance. (£9.89, 100g)

Nivea makes a Children's Sun Lotion, SPF factor 18 with less fancy packaging, but high protection which is preservative and fragrance free so particularly suitable for children prone to allergies. ■



and squamous cell carcinoma (SCC) are the commonest forms of skin cancer, and malignant melanoma is the most life-threatening.

4 Actinic (or solar) keratosis, an abnormal skin growth, is a pre-cancer that can develop into skin cancer.

5 Early detection and prompt treatment usually completely cures all types of skin cancer.

WHAT ARE THE SIGNS OF SKIN CANCER?

If you see any of the following signs of skin cancer or pre-cancer, consult your GP immediately:

A skin growth that increases in size and looks pearly, translucent, brown, black, red, pink or multicoloured.

A mole that changes in colour or texture, becomes irregular in shape, gets larger, or is bigger in size than a pencil eraser.

A spot or growth that persistently itches, hurts, crusts, scabs, erodes or bleeds.

An open sore that lasts for more than four weeks, or heals and then re-opens.

A scaly or crusty bump that is horny, dry and rough and/or produces a pricking or tender sensation.

Some of the tell-tale signs of each of the three main types of skin cancer are as follows:

Malignant melanoma

Malignant melanoma occurs in varying shades of brown or black, or in multicoloured patches of red, white and blue. It may have an asymmetrical outline with notched or scalloped edges, and is usually larger than 6 mm.

Basal cell carcinoma

BCC can appear as a red patch, a shiny pearly or translucent pink, red or white bump, a crusty, open sore that will not heal, or a scar-like area. There may be a rolled border with an indented centre.

Squamous cell carcinoma

SCC can take the form of a persistent scaly red patch that sometimes crusts or bleeds, an open sore that does not heal, or a raised or wart-like growth that may bleed.

HOW CAN SKIN CANCER BE PREVENTED?

Apart from wearing clothes (not an option!), some good sun-protection tips are:

- 1 Avoid the sun from 10.00 a.m. to 3.00 p.m., when ultraviolet radiation is at its strongest.
- 2 Wear a broad-brimmed hat and/or sunglasses.
- 3 Use a broad-spectrum sunscreen; preferably SPF 15 or higher, and water-resistant if you are swimming.
- 4 Stay out of tanning salons, and never deliberately seek a tan!
- 5 Examine your skin regularly.

HOW CAN I EXAMINE MYSELF OR MY PARTNER FOR SKIN CANCER?

While only your doctor can tell you for sure if you have a skin cancer, your skin can tell you when to see your doctor. Remember - if you can spot it, you can stop it!

FURTHER INFORMATION

Your local GP surgery should have leaflets on skin cancer, which can be particularly helpful if they contain colour photographs of what to look out for.

Dr John S Gilbody is a qualified physician and will be advising the H&E readers on various health-related matters. If you have a health problem, concern or query, especially in relation to naked living, please send it into Dr Gilbody c/o H&E (usual address front of mag.). We hope to publish some of your queries with Dr Gilbody's response in a regular column



WHY IS SELF-EXAMINATION SO IMPORTANT?

Skin cancer is the commonest of all cancers, but is probably the easiest to cure, if diagnosed and treated early. If allowed to progress, however, skin cancer can cause disfigurement and even death.

Who should do it?

You should! And if you have children, begin teaching them how at an early age so they can do it themselves by the time they are teenagers. Together with yearly skin examinations by a doctor, self-examination is the best approach to detect skin cancer before it does any harm.

When should I do it?

Self-examination should be done often enough to become a habit, but not so often as to feel like a chore. The American Skin Cancer Foundation recommends that you examination yourself at three-monthly intervals, but ask your doctor if you should do it more often (for example if you are at greater than normal risk of skin cancer because of family history, fair skin complexion, blond or red hair or blue or green eyes). You may find it helpful to ask your GP to do a full-body examination first, to reassure you that any existing spots, freckles or moles are normal, and to treat any that may not be. After the first few times, self-examination should take no more than 10 minutes - a small investment towards what could be a life-saving procedure.

What should I look for?

Apart from the specific signs already described, there are a number of general warning signs. If you notice any of these, see your GP. Do not ignore a suspicious spot simply because it does not hurt. Skin cancers may be painless, but dangerous nonetheless. Other warning signs may be a skin growth that increases in size and appears pearly, translucent, brown, black or multicoloured, or a mole, birthmark, beauty mark or any brown spot that:

- Changes colour.
- Increases in size or thickness.
- Changes in texture.

- Has an irregular outline.
- Is bigger than 6mm, the size of a pencil eraser.
- Appears after the age of 21.
- Persistently itches, hurts, crusts, scabs, erodes or bleeds.
- Is an open sore that does not heal within three weeks.

STEP-BY-STEP SELF-EXAMINATION

You will need the following equipment:

- A bright light.
- A full-length mirror.
- A hand mirror.
- Two chairs or stools.
- A hair dryer.

1. Examine your face, especially the nose, lips, mouth and ears - front and back. Use one or both mirrors to get a clear view.
2. Thoroughly inspect your scalp, using a hair dryer and mirror to expose each section to view. Get a friend or family member to help, if you can.
3. Check your hands carefully: palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both the front and back of your forearms.
4. Standing in front of the full-length mirror, begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.
5. Next focus on the neck, chest and torso. Women should lift the breasts to view the underside.
6. With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back, and any part of the back of your upper arms you could not view in step 4.
7. Still using both mirrors, scan your lower back, buttocks, and backs of both legs.
8. Sit down and prop each leg in turn on the other stool or chair. Use the hand mirror to examine the genitals. Check the front and sides of both legs, thigh to shin; ankles, tops of feet, between the toes and under the toenails. Examine the soles of the feet and heels.

To be really detailed, you could draw skin lesions on a body map, or even take photographs!

An H&E special on sun, fun and safety



"Cover up, cover up!" they're all telling us, "keep out of the sun or you'll get skin cancer." Weather forecasters, doctors, dermatologists, government health advisors and, not least, British tourist outlets promoting the delights of cloudy holidays are wagging their puritanical fingers at us.

Cricketers wear garish, coloured creams to protect themselves against the hazardous rays even when there's thick, black cloud in the sky. Yes, the marketing men have got in well and truly with that one. On Australian beaches they have vigilante groups going round telling sunbathers to put protector on or else "we'll sort you out, clobber".

Scientists add force to the argument with talk of the thinning ozone layer which increases the amount of the harmful rays getting through to us. There's no disputing the fact that incidence of skin cancer has doubled in the last 10 to 15 years in the UK.

OK, so they may have some good points to make. But hasn't it all got a bit out-of-hand? Every day in the papers we read that this or that food is harmful, giving the impression there's no safe foods left to eat. It wouldn't be surprising if we start to think it's best to give up eating altogether.

With sunbathing, the scare mongering has become so extreme, we've lost sight of the enormous benefits of being in the sun. Not forgetting the sheer feel-good factor either. As one naturist friend of mine loves to say, "Better to be brown and happy than pale and sad."

We all need sunlight for Vitamin D without which our immune system could not operate. We need it for the growth of bones and just to keep them hale and hearty.

The shores of the Dead Sea in Israel, for example, are lined with hotels catering for people with psoriasis - a nasty skin disease which gives you bright red patches. Sufferers find the combination of sun and sea helps their condition.

The people of Norway know a thing or two about the benefits of sunlight too. Every winter,

the inhabitants of Tromsø go 49 days without seeing the sun. On the day it first reappears, they celebrate "Soldag" with prayers, tears and a day off school!

The most fanatical sun-worshiper I have ever met were two girls from Lapland holidaying on Myrtiostissa beach in Corfu. Not only did they spread their beautiful golden bodies beneath the sun all day long, all they seemed to speak about were the health benefits to be had from sunbathing. And judging by the male attention they were getting, I bet they were quite happy to trade the benefits against the dangers.

But naturists tend to be very sensible about the sun, since they've learnt to respect it. They may spend more time soaking up the rays getting an all-over tan but they are potentially at less risk from developing skin cancer than others.

The ones who spend 50 weeks a year in the office and then go off to fry on a Greek island for two weeks are in greater danger, according to Christine Ashford of the Naturist Foundation. "At our headquarters at Orpington we advise people over our loud-speaker system to cover up or move into the shade at noon on a hot day," she said.

Sue Piper of the Central Council For British Naturism, thinks the everyday benefits of sunshine have been overlooked in the current paranoia about health. She has myalgic encephalomyelitis (ME) and is badly affected by winter weather. "The damp gets into every joint in my body, like having a toothache all over. Once you've got gentle sun, it starts warming though. I always feel better when the sun is out."

Light influences hormone levels by triggering the pineal gland deep within the

brain. When the amount of daylight diminishes in winter, the gland produces melatonin, which makes us want to sleep. That's why we generally sleep more in the winter.

Bright light, on the other hand, switches off production of melatonin and low levels of the substance are linked to high levels of serotonin, the feel-good hormone which makes us happy and excited. So the brain needs a healthy dose of sunlight as much as the other bits of us.

People who suffer from seasonal affective disorder can get through their winter blues by sitting in front of a sunlight lamp until the real thing comes along. The disorder is not usually too severe - only one or two per cent ever get bad or sad enough to develop clinical depression.

You can't measure happiness, of course, but research shows that more than 90 per cent of people feel a degree of mood elevation when they enter periods of increased sunlight. The people of Tromsø in Norway have a summer as well as a winter problem - when they get 20 hours of sunlight a day in June, everyone is over-excited and can't concentrate on work.

"Here comes the sun" sang the Beatles and they knew the joy that can bring! I've talked about the direct health benefits of sunlight but there's also the indirect ones; just the way we all feel good when the sun's out. We get tanned and look great. With so much gloom around these days, anything which can lift us like that has to be worth it.

Do you dare to strip off?



sunscare!!! sunbathe at your peril?

Should we listen to the 'experts' or use our own common sense?

Mark Carlton makes up his own mind



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Clubs, beaches, saunas, swims, massage opportunities, in fact everywhere you can go nude. The most comprehensive and authoritative guide you can buy on the wide range of naked lifestyle opportunities in Britain.

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Channelless Nude (hard back) 28.50

The diagram consists of three vertical columns of squares. The first column on the left contains 3 squares. The second column in the middle contains 6 squares. The third column on the right contains 9 squares and is labeled with the letter 'n' at its base.

An H&E special on sun, fun and safety



Hours of sunshine and top temperatures are criteria for many naked holidaymakers - how does your holiday destination rate this year?

When deciding upon a naturist resort, the amount of sun comes first in our priority lists, usually before convenience of travel, leisure facilities and even cost. Most popular resorts tend to be in countries which receive plenty of sun for at least some of the year, although several others survive just because people live nearby.

Here are just a few popular destinations, with some (by no means all) resorts or beaches listed. It's interesting to note the variations of sunshine hours and temperature from place to place and through the seasons. If we really want to find the sunniest place in the world, we must look to the eastern Sahara desert. There it's virtually all day all year round sunshine - but for even the most ardent nudist there are limits.



Will your holiday be top of the hots?

Britain

Resorts: Contact CCBN for clubs
01604 20361

Ave sun hrs: Summer 5-7

Winter 1-2

Ave temps (in degs C):

London: Aug 13-20, Dec 4-7

Birmingham: Aug 12-20, Dec 3-6

Oban (Scotland) Aug 11-17

Dec 3-7

Most sunshine falls in the south and south east of England, especially at the seaside. West Scotland, Wales and Northern Ireland have by far the least. Fog and low cloud reduce much of the winter sun. Clouds can totally block out the sun. No sunshine at all was recorded in London between 17 and 21 June 1977!

In the north of Scotland, the winter days are very short, but summers bring 18 hour days, where it is twilight all night.



Will you be cooling off or cooling down?

Crete

Resort: Kalypso Village

Ave sun hours: Summer 12-14 Winter 4-5

Ave temps (in degs C): Aug 22-28 Dec 12-17

Crete

Beaches: Agios Georgios, Pissouri

Ave sun hours: Summer 12-13 Winter 6

Ave temps (in degs C): Aug 23-33 Dec 11-18

Rain is rare from late May to mid September. Largest island in the Mediterranean and is very sunny

Croatia

Resorts: Monsena Bungalows, Rovinj,

Koversada Bungalows, Vrsar

Ave sun hours: Summer 11 Winter 4

Ave temps (in degs C): Aug 14-26 Dec -1-4

Portugal

Beaches: Oporto (north), Costa Dourada (south), various along Algarve.

Ave sun hours: Summer 10-11 (north) 12

(south) Winter 4-5 (north) 6 (south)

Ave temps (in degs C): Aug 20-28 Dec 10-16

Canary Isles

Lanzarote

Resort: Las Piteras

Most Canary islands experience hot and sunny weather, but the direction of the wind can make a significant difference.

Thailand, Bangkok

Beaches: There are naturist beaches in Bangkok, but many travellers head north for slightly cooler and remote beaches where it is sometimes acceptable to strip off.

Ave sun hours: Jun - Sep 4-5 Rest 9-10

Ave temps (in degs C): August 24-32 Dec 20-31

Caribbean

Resorts: Cypress Cove, Paradise Lakes

Ave sun hours: Summer 9-10 Winter 6

Ave temps (in degs C): Aug 24-31 Dec 17-24

USA

California

Resorts and beaches: Treehouse Nudist resort, San Bernardino; Elysium Fields, Los Angeles; Black's Beach, San Diego.

Ave sun hours: Summer 12-14 Winter 7-8

Ave temps (in degs C): Approx 17. Varies greatly.

Death Valley can reach 47 degs. San Francisco experiences cool to mild summers due to sea fog.

Florida

Summer months in Florida are rather less sunny than in more northern areas as cloud builds up in the afternoon often leading to thunderstorms.

Jamaica

Resorts: Hedonism II, Jamaica; Club Orient, St Martin; Sorobon Beach, Netherlands Antilles

Ave sun hours: 7-9 hrs

Ave temps (in degs C): Aug 23-32 Dec 21-31

Weather is sunny and the sun tolerable throughout the year, although in May to October there may be quite a lot of rain.

France

Bordeaux

Resorts: La Jenny, Montalivet

Ave sun hours: Summer 7-8 Winter 2-3

Ave temps (in degs C): Aug 14-26 Dec 3-9

Mediterranean Coast

Resorts: Cap d'Agde, La Clapère, Domaine le Clois

Ave sun hours: Summer 9-10 Winter 4-5

Ave temps (in degs C): Aug 12-18 Dec 8-14

Spain

Costa del Sol

Resorts: Costa Natura

Ave sun hours: Summer 12 Winter 6

Ave temps (in degs C): Aug 21-29 Dec 11-17

Almeria

Resorts: Vera Playa

Ave sun hours: Summer 12 Winter 6

Ave temps (in degs C): Aug 22-29 Dec 9-17

Hungary

Budapest

Resorts: Lake Balaton

Ave sun hours: Summer 9-10, far less in winter

Ave temps (in degs C): Aug 16-27 Dec -1-4

Can be extremes of temperature ranging from droughts to super rain

HEALTH BITES

WHERE DO YOU WANT TO LOSE IT? HAIR - OR THERE?

The development of the baldness cure Propecia was good news for many men. Nearly half the men who used it in trials grew back some of their hair. But one in 50 discovered a loss of libido after taking the drug, which must have come as quite a blow.

HERPES ATTACK

Everyone was talking about sexually transmitted herpes about 10 years. Then AIDS took over, and it went quiet on the herpes front. 30,000 cases of genital herpes are treated in Britain each year. It hasn't gone away. Another form of the virus emerges as cold sores, which affect most of the adult population. There is no cure, but a vaccine has recently been developed which could protect the most at risk, such as partners of herpes sufferers.

EVEN THE TOOTH FAIRY MIGHT NOT HELP

If you suffer from gum disease, it might do more than make your teeth fall out. Apparently it is a contributing factor to heart disease. These American findings are being taken seriously by British heart specialists and dentists who are planning a course of action.

AND I THOUGHT COFFEE WAS SUPPOSED TO BE BAD FOR YOU...

Just as we were trying to give up, new evidence shows that drinking coffee together with ibuprofen can relieve pain such as toothache. According to medical researchers at Oxford University, you need to drink at least 100mg of caffeine, but you should get that in a strong cup of proper coffee. So it's back to chatting up my neighbours at the first twinge, I suppose. . .

CAN'T KEEP YOUR MIND ON THE JOB?

Try this trick. Stick one hand on your belly button. With the other hand, place the thumb and index finger just beneath the collarbone one on either side of the breastbone. Rub both points gently while you count to 10. Your mind will become clear, you will experience a burst of energy, and lose any sense of confusion. It should work, and at least you can have fun trying. Now what was I saying. . . ?

HELLO MY LITTLE MILK MATE!

Men are able to breastfeed, according to Jared Diamond from California University. Apparently they have always had this latent ability, and they just need a couple of hormonal injections and their nipples rubbed and they're ready. What's been stopping them before is the fact that their livers naturally broke down their female hormones. He cited instances of prisoners of war with damaged livers who produced milk. I wonder how many men actually would volunteer for the job?

BRING ON THE CHARDONNAY & CHOCCIES - NOW!

Our little indulgences are definitely good for you, according to the Associates for Research into the Science of Enjoyment (yes, really). Professor David Warburton, who is in charge of this group, says that such pleasures can strengthen our immune system, and may help us live longer. I can't thank him enough.



Would you risk 'losing it'?

TICKLE TACKLE TUM

Get your partner now and tickle each other for about 10 minutes. Repeat this daily. According to acupuncturist Shyam Singha, this practice will improve your moods and feelings no end. I'm certainly game.

YOU GOTTA LAUGH

Whatever your problem, a good laugh may improve it (unless it's broken ribs, presumably). Humour therapy is accepted in America, Australia and France (where it's called jovialisme). Therapists either show sitcoms or use professional comedians to cheer up their patients. Laughing releases endorphins, which are a natural pain killer, and also immunoglobulin A which boosts the immune system. It can also assist our breathing.

Summertime view from planet earth

Once there were Ray-bans, Armani - and Boots. Now there's VI-ZA - a new alternative to sunglasses. A cross between visors and sunspecs, they provide real eye protection against the sun and look, I think, pretty cool. They're lightweight, tilt-adjustable and come in a variety of colours for both the visor and the headbands. They're made of shatterproof polycarbonate, with anti-glare and UV protection. For both men and women, they're great to wear for outdoor sport - or simply posing.

For info on wear to obtain them phone: 01344 876388 or fax: 01344 872321

Is he seeing the funny side?

It tastes like water - what can it be?

Recent water scares are making many of us worry about the state of our tap water. While in most cases we're safe, if you want to be extra sure you might consider installing a water filter system. The Reverse Osmosis system can fit under your sink and claims to filter out some of the bacteria that chlorination can't kill, like cryptosporidia. This was the bug that caused an outbreak of infected water in the Home Counties recently.

This filter system apparently removes most of the undesirable minerals such as mercury, aluminium and lead, and 96 per cent of the arsenic. The water should also taste cleaner. Costs for the Reverse Osmosis Unit by Liff Industries start from £415 plus Vat. For further info on the products phone: 01484 512537 and ask for the Customer Service Department.

VIZA - the sunglasses alternative



Credit: Gavin Cochrane

"Kitchen Table Wisdom"

by Rach Naomi Remen M.D (Pan £9.99)

"In some ways, a medical training is like a disease. It would be years before I would fully recover." So ends one of the many wonderful heart warming and true anecdotes in this book. Dr Remen uses her experiences as a medical practitioner as a basis for this wisdom she passes on to us. The stories are about healing the sick in a loving way.

Her American "true-heart" style could take a bit of stomaching for stiff-lipped Brits, but if you've already joined the Deepak Chopra gang, you'll love it. (Who's Chopra? Check out the health or New Age section of any bookshop - you'll be amazed).

An H&E special on sun, fun and safety



Stonehenge was built for it, Indians performed sacrifices in praise it - Katreya Somerville asks if we give the sun the respect it's due?

Did you put the sun up there? I certainly didn't. Strange question you might think, but if you were a Hopi Indian in primitive times you'd have stuck up your hand and told me it was your grandad who made the sun and sent it flying into the sky. Hopis believed that an ancestor of their tribe threw a buckskin shield upwards together with a fox skin and a parrot's tail, which explained the colours of the sunrise and sunset.

While most ancient cultures were not so bold as to claim invention of the sun, they all wondered about it. The Ancient Egyptians honoured both the sun and the moon, believing that they were put there by the number one god.

Most other cultures also worshipped the sun, in various ways. They often humanised it, usually into a male. The Greeks idolised the Sun God Helios, the Romans revered Sol; Shamash was the Assyrian name for the Sun God, and Mithras was the Iranian name. These ancient people believed it was carried across the sky by boats or chariots. They dreaded solar eclipses. They must have looked terribly foreboding - except to the early Tahitians who simply thought it meant that the sun and moon were getting off with each other.

The Plain Indians of North America would traditionally perform a sun dance each year in June in reverence and welcoming to the sun. At their most elaborate, they would prepare for weeks beforehand, and then dance, drum and fast, even refusing water for a long time. They performed this as a spiritual act whereupon they would begin to hallucinate. Sometimes these rituals would end up with the Indians performing sacrifices, torturing and mutilating themselves. The US government banned this practice at the beginning of this century as no doubt they found it too scary. Now, such rituals

are performed as part of the Fourth of July celebrations, but are benign occasions.

Superstitions about left-sidedness stem from early man associating the right side (east side as you face north) with sunrise, life source and birth, and the left (west side) with sun setting and symbolic death.

Stonehenge, which is now regarded as being at least as old as the Pyramids, is often thought to have been constructed as a temple to the sun. The ancients constructed countless buildings throughout the world with the sun in mind, although now, perhaps, it is only the Feng Shui followers who take it that seriously.

Modern man appears to respect the sun less. We know it is a vital source of life itself, and we wouldn't even have our much maligned rain if it weren't for the sun evaporating the sea and thus forming the clouds. Many seem to regard it as a godsend on weekends, but a bore when the air conditioning isn't working properly. I do sometimes wonder whether the scores of people who dash out to roast under the sun at midday are perhaps hypnotised into performing their own acts of self-torture.

Our careless regard for the sun could stem from the thoughts of Plato and those early Greek philosopher-astronomers who believed the Earth was the centre of the universe. It's hard to comprehend that it was comparatively recently that we realised that the sun didn't skulk around the great Earth. When Galileo in 1632 spouted his sun-centred theory to anyone who'd listen he ended up being arrested. The Pope and his pals felt that this was really antagonising Christian believers.


We do at least subliminally accept the importance of the sun. Most of us look forward to having our 'Sundays' off, and will check out our horoscopes in the paper according to where the sun was in the universe at the moment we were born.

Still, in purely cosmological terms, the sun is not the be all and end all. It is simply a star - not the biggest, nor the hottest, but it happens to be the nearest star to Earth.

The Plain Indians of North America would traditionally perform a sun dance each year in June in reverence and welcoming to the sun. At their most elaborate, they would prepare for weeks beforehand, and then dance, drum and fast, even refusing water for a long time



What's at the centre



All hail the sun god!

90-odd million miles away) constantly spinning like a top. Scientists tell us it grew out of mix of gas and dust that spun together. That was nearly five billion years ago, and it should live for at least that time again, when it will expand into a giant red star and eventually go puff! And that'll be the end of it.

The sun is the only star whose surface we can see, although only the mad would look directly at it with the naked eye. It lives in the Milky Way galaxy (one of many), and consists mainly of hydrogen and helium gases. Its diameter is about 109 times as big as the Earth's and is about 400 times farther away from the Earth than the Moon.

Due to the gravitational pull of the sun, all the planets (including Earth), comets, meteorites and other bundles of gases circle around it. They all move in the same direction and the closer to the sun they are, the faster they move.

Everyone agrees that the sun is circular, except some Eskimos and Arctic explorers to whom it occasionally looks square. This is only a trick of the light, as it becomes distorted there, especially together with the reflection of the sea. Enough to drive you mad I would have thought.

Not only people follow the sun. Birds, insects and fish also manage to migrate incredible distances using the sun as their navigational compass. I've always wondered how those squawking creatures found their way back to my tree after their winter holidays.

We have, of course, made good use of the sun in recent years for power. A solar collector in Britain around one square metre in size can collect approximately 1000 kilowatt hours of solar energy throughout a year. This energy can now be usefully turned into electricity.

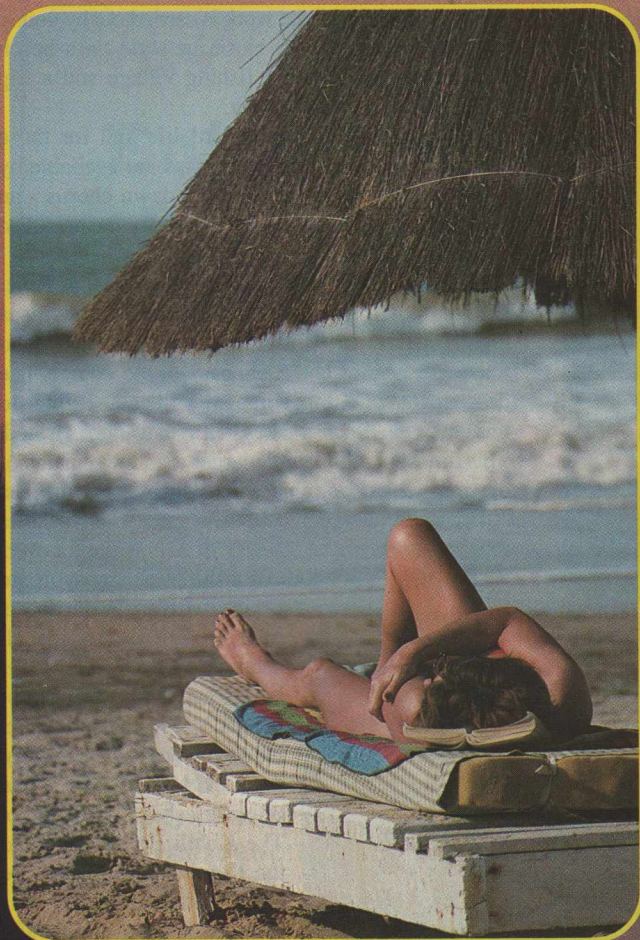
There is much talk about the greenhouse effect. Our garden greenhouses ripen up our red peppers nicely because they trap the sun's heat under the glass, and more short-wave energy passes through the panes than can pass out again. It's as if we're all living in a greenhouse now. This is because we've been burning up our forests and making large quantities of cement that causes huge quantities of carbon dioxide to permeate the air. This has the same effect on the sun's rays as glass - hence us ripening like tomatoes.

When naturists talking about worshipping the sun, they are following old footprints. Although it is sometimes useful to remember that it's good for a lot more than ripening our courgettes, drying our washing and giving us an excuse to do, wear and think of absolutely nothing. ■■■

of your universe?

Gambling on The Gambia

Not all of us want to head off to the “tried and tested” Med for our summer holiday. Alan Johnson decided that guaranteed sun was more important than guaranteed naturism and headed off to Africa



Now let's be honest and say straight away that if you want to go naked in The Gambia, you will have to be pretty determined. Indeed, if the only reason you go on holiday is to sample the naturist lifestyle, then there are many places in the world far more conducive. If, however, you want to see something of a very different country and are prepared to be adventurous, then The Gambia may offer an exciting and alternative destination.

This is particularly true if you are seeking winter sunshine. The traditional destination for winter sun seekers is the Canary Islands, but although all year sunshine is claimed, in truth, particularly in December through to February, there is every chance of cloud and rain.

If you have a two week holiday, then you may be prepared to gamble a few days of poor weather, but if you can only take a week out you might not want to risk it. What you want is something affordable, guaranteed sunshine and not too far to travel. The Gambia may well fit the bill.

At six hours flying time from the UK and with temperatures over 30 degrees celsius all year round, a rainy season in August/September, arguably the best time to visit The Gambia is during our winter.

The Gambia is situated on the West African coast and follows the course of the River Gambia for some 300 miles inland, although at no point is the country more than 15 miles wide. Surrounded totally by the French-speaking Senegal, The Gambia is the oldest English-speaking country in West Africa and has an unsophisticated charm.

First impressions will be gained at the airport situated next to the delightfully named town of Yundum. Immigration is slow and all baggage handling is by hand. A new terminal is under

construction, however, which will perhaps speed things up. While waiting for your luggage, you will almost certainly be approached by local youths who will attempt to befriend you. This is a little unnerving at first, but you quickly become accustomed to this and learn to expect it wherever you go.

Indeed, hustling appears to be a way of life for many Gambians, who earn their living from commissions gained by introducing you to the tour operators, shops and taxis. Often they just want to talk and practice their English which is frequently excellent anyway, and to make friends with you in the hope that you'll write to them when you return home. It is salutary to remember that your holiday pocket money may be more than the average Gambian earns in a year. Don't be miserable when approached and don't knock them down too far on price when there is something you do want just to drive a hard bargain. Just be sensible and don't flash your money around.

The Gambian will invariably approach you with the same opening line, "Hello, what is your name? Where are you from?" They don't know how else to start up a conversation. Needless to say, this can be a little wearing after a while. Don't just ignore them, if you wish to be alone, be polite and tell them you wish to be alone. Most hustlers will then move on.

However, engaging them in conversation will afford you an insight into their way of



Several tour operators feature The Gambia in their brochures, principally Thomson, Airtours and First Choice, but the specialist operator is The Gambia Experience. They can be contacted at Kingfisher House, Rownhams Lane, North Baddesley, Hampshire SO52 9LP.

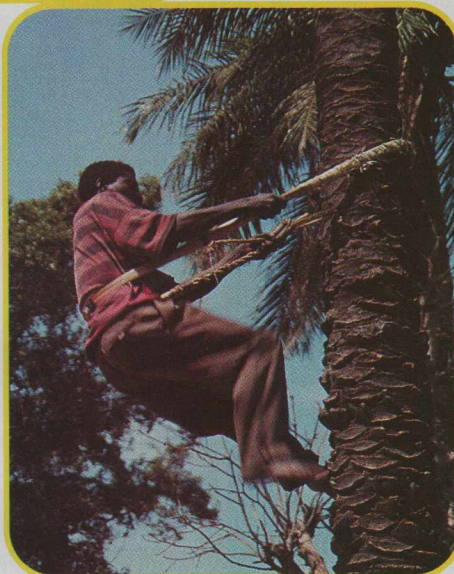
life you will not learn any other way. What you will quickly experience is the Gambian natural friendliness. The people are genuinely friendly as evidenced when they greet each other. The area isn't known as the smiling coast for nothing.

It is the coast that, initially at least, attracts the visitor. Most of the tourist hotels are situated along the coastal region which boasts some 25 miles of uncrowded and golden sandy beaches. In selecting a hotel, avoid those situated at Banjul, the capital, which is the administrative and commercial centre of the country. The area is of limited interest to visit and of no use to anyone seeking a secluded beach. Instead, choose one of the hotels in the Kololi or Kombo beach areas. The Kololi beach Club is the most southerly of these with nothing after the complex but miles of deserted beach stretching all the way to Senegal.

For the most part, night time entertainment is centred on the hotels, bars and restaurants. There is a good range of restaurants offering international cuisine at reasonable prices. Particularly good is the Val Bonne Italian Restaurant and for those wanting an extra bit of excitement there is a top class casino, indeed the only casino, next door. Also highly recommended is the Clay Oven, situated in the Cape Point area, and considered by some to be the best Indian restaurant in Africa.

There are various trips on offer and it would be a tragedy to visit a country as colourful as The Gambia and not experience something of the local culture. Perhaps one of the best ways of doing this is by taking a four wheel drive trip. This offers an excellent opportunity to meet the people in their own environment. A typical drive will take in visits to tribal villages where you invariably will be introduced to the oldest resident. At the opposite extreme you will be taken to a local school, giving a golden opportunity to meet the youngest children. You will be charmed and only the hard hearted will remain unmoved. Go prepared with some pens and exercise books.

You will also visit one of the community-run farm



collectives where all the work is carried out by young women. Lunch will be barbecue-style on a beach followed by a visit to a fishing village and a trip through the Bijilo Forest Park.

The Gambia is rich in bird life and for those prepared to rise early, several trips are available by dug-out canoe to experience the dawn chorus - an excellent way to work up an appetite for the breakfast which awaits later.

Other trips include a boat cruise on the River Gambia down to the village of Juffure, which was highlighted by the American author Alex Haley who traced his origins and roots back to the village. The descendants of Kunta Kinte are still at the village to this day. This trip also takes in a visit to James Island. This tiny spot, only a little larger than the remains of the fort which dominates the island, was the last African soil on which countless thousands of slaves stood before being taken away from freedom for ever.


But if it is freedom of a different kind you are seeking, what are the prospects in The Gambia? Since all accommodation is hotel based, the prospects may not appear very optimistic. However, when selecting your hotel, choose one offering a balcony or patio. The Kololi Beach Club and the Kombo Beach Hotel are both quite good in this respect. If your funds will extend to a suite, you will obviously have more private facilities.

Secondly, away from the proximity to the hotels, the beaches really are deserted, particularly those south of the Kololi Beach area. Car hire is possible but not recommended by the tour guides, mainly because of the poor quality of the roads, but also because they are simply not sign posted.

Instead hire a taxi. Tell the driver you want to be taken to an empty beach, most of them speak good English, and ask him to take you back later. Arrange the price and pick up time with the driver, but whatever you do, don't pay anything until you've been collected or you might not see him again. However, the taxi drivers want your custom and for the most part, can be relied upon. Do not forget that if you're going off to a deserted beach, that is what it will be. Take everything you need with you.

As a final point, it's worth saying that if you merely wish to stay around the confines of your hotel swimming pool and its adjacent beach, then you will find topless sunbathing the norm. Indeed, you'll see very many women promenading along the beach topless. This despite the fact The Gambia is some 80 per cent Muslim.

It's quite clear that in their efforts to promote tourism, the Gambians are prepared to take a relaxed attitude to the European holidaymakers' dress code. As naturism gains a stronger foothold on the beaches of the principal European countries, it can only be a matter of time before it becomes prominent on the quieter beaches of The Gambia.

So for an alternative venue, try the Gambian experience and be a pioneer for naturism 

NEW FREEDOM PHOTO SERVICES

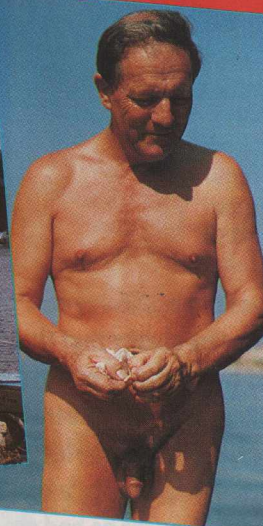
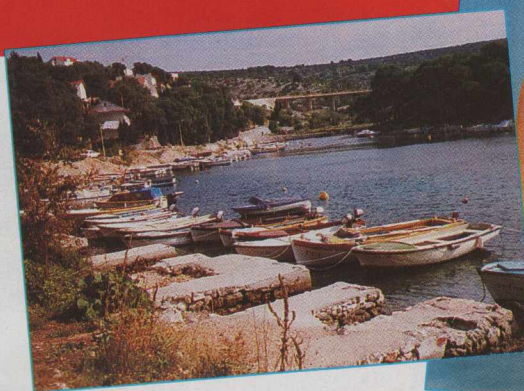
Enjoy the security of a 35mm film processing service designed with just your needs in mind

✱ New Freedom Publications Ltd. are delighted to announce the start of their new film processing service for readers in conjunction with New Freedom Photo Services and professional naturist photographer Charlie Simonds.

✱ Completely confidential service designed with naturists in mind

Send your film(s) for processing in a strong envelope together with this completed coupon completed and your payment to:

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Credit Card details:(Visa/Access/Amex)

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Please note we reserve the right to refuse to print any material we consider unsuitable. Please also note this service is for 35mm films, not APS films

HE
&
here to help



What August angst is hitting the naked press?

STEEP LEARNING CURVE

We're used to beach voyeurs' unconvincing claims that they hadn't realised the area was naturist, but our "mistakes" are rarely tolerated so benignly. Such a fate befell a Frenchman who stripped naked for a day's skiing because he thought he had checked into a nudist ski centre.

The 49 year old bachelor claims he did not realise his mistake because everybody was dressed when he arrived late at night at Praz-de-Lys. He set off early the next day wearing only his boots and was promptly arrested at the lift at the foot of the nursery slopes. Having been charged with indecent exposure the man was bailed.

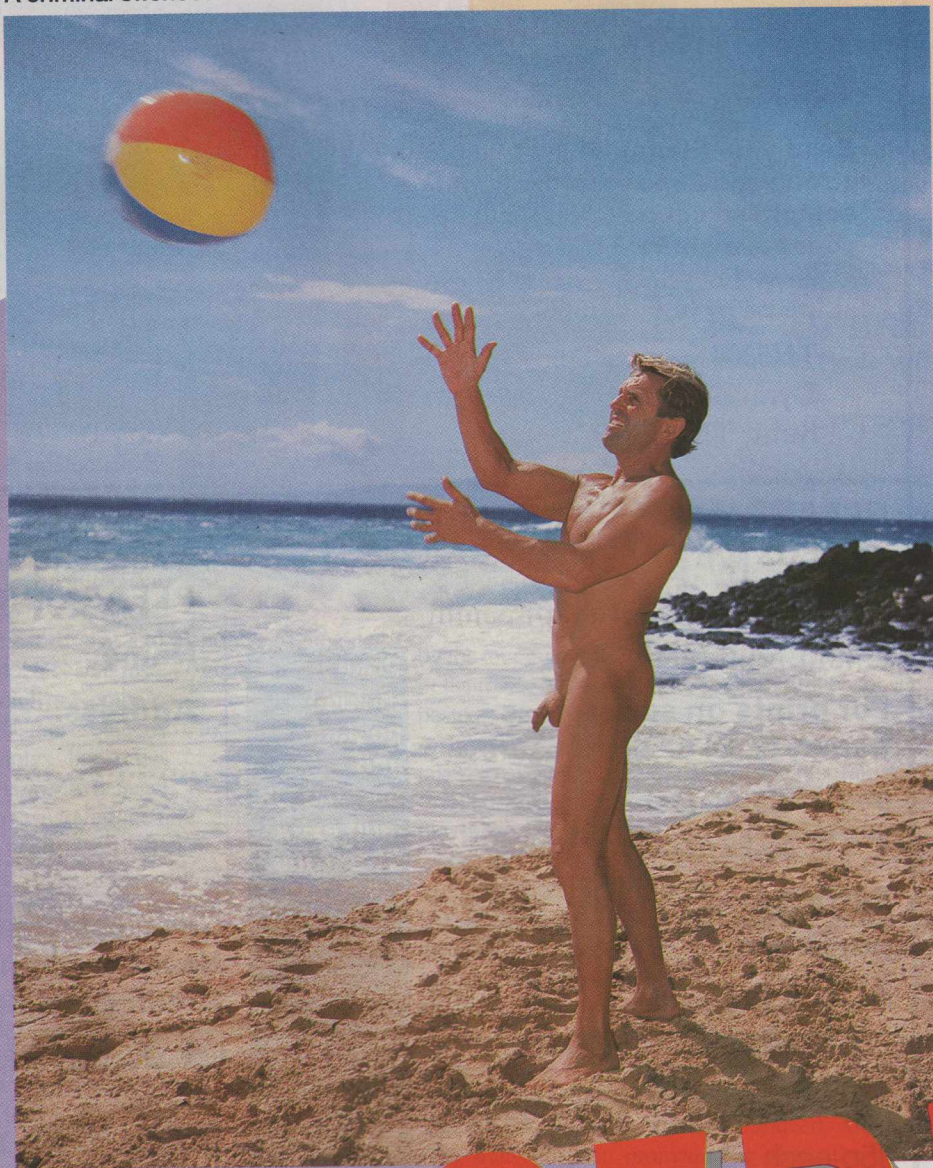
TRAHZZERS DAHN AT MARGIT

Police arrested almost an entire volleyball team after catching them playing nude on the beach of a seaside resort traditionally popular with Londoners. Officers halted the game in Margate, Kent, after complaints from a number of women. The eight men, from London, Dover and Leicester were all released after being cautioned for public order offences. A ninth evaded capture and is still being sought.

The team couldn't have picked a worse spot for their game. Despite years of campaigning by the Naturist Foundation for Botany Bay to be designated naturist, Thanet Council remains unwilling to entertain the idea of nudity - even unofficially - on its beaches. "There is a fine line between nude sunbathing and flashing," one councillor tellingly revealed.

Signs banning nudity have been erected around the area following "public disquiet" and other arrests last year. Echoing local opinion, one quote in a local paper, reacting to the proposals read: "Contamination of children's minds would be inevitable." "And I suppose the risible pier "entertainment" doesn't cause contamination?"

A criminal offence?



EXPOSED!

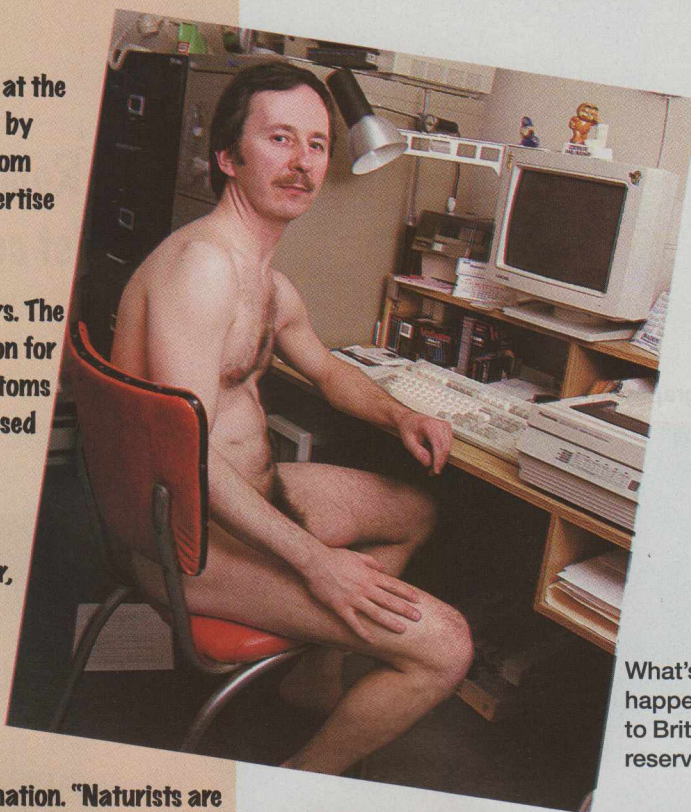
EURONUDES UNITE

Forget the looming ECU, the unofficial single currency of Europe at the moment appears to be a united interest in naturism. Untroubled by traditional British reserve, our continental cousins rarely shy from revealing their passion for nakedness, and enthusiastically advertise their countries' nudist facilities.

With the battle for tourist cash becoming ever fiercer, nudist organisations are aggressively targeting potential holidaymakers. The travel industry last year voted Greece the world's top destination for nude recreation. Now an "alternative etiquette" guide to the customs of Greek naturism has hit the Net. The Island Guide can be accessed at <http://www.webcam.com:80/~rngerber/naturist/europe/greece/greece.html>

Solving the problem of what to take on your naturist holiday (and providing a visual identity when clothed) the Skinny Dipper, at <http://www.naturist.com/sknydipr.sht> is the first on-line naturist superstore. New for '97 are bumbags, I'd Rather Be Nude T-shirts and genital sunblock - a must at Mediterranean resorts where, apparently, the incidence of genital cancer is rising.

The Web has fast become the primary source of nudist information. "Naturists are out and proud" proclaims a headline in Naturist magazine (<http://www.naturist.com/>) which provides information on resorts around the globe along with detailed descriptions of accommodation, weather and naturist-friendly events.



What's happened to British reserve?!

SHORTSSHORTSSHORTSSHORTS

THE PRICE OF FAME

"I guess we won't be sunbathing nude again. . ." said actress Gwyneth Paltrow - better known as Mrs Brad Pitt - after telephoto shots were published of the pair romping naked on a Caribbean beach. Her raised profile should ensure that future references to nudity also involve the word "contract".

HOLD ALL MY CALLS MISS JONES. . .

Unemployed Graham Horner couldn't understand why during a job interview his prospective employer kept staring out of the window. "It wasn't until I got up to leave that I saw what had grabbed his attention - a beautiful female streaker romping about in the car park." A rival candidate's partner perhaps?

BALLS FROM DOWN UNDER

A company called Fab Communications is advertising kangaroo skin Scrotum Purses for sale, price £11.99. Whether they're an anti-sunburn precaution or a means of preventing skipping testicles, the ad, sadly, is too coy to say. Or perhaps they're sacs hacked from actual 'roos aimed at bestial fetishists? Anyone brave enough to contact Dept F, PO Box 9189, London W9 3GF?

AU NATUREL DE COLOGNE

Dublin's Irish Times reports rather sniffily how a naturist couple entered Cologne cathedral, walked up to the altar and peeled off their clothes to reveal "nothing more than a pair of Adam and Eve - style plant leaves covering their shame." Perhaps they fancied a green wedding. . .

BARE BODIES SEND TEXTILES INTO SPIN

Poverty and Nick Kamen have a lot to answer for, as three men who stripped in a Bologna laundry to wash their only sets of clothes discovered. Italian police were soon on the scene, dispatching the semi-cleaned customers into the sunshine to drip dry.

LUCY IN THE SEA WITH DIAGRAMS

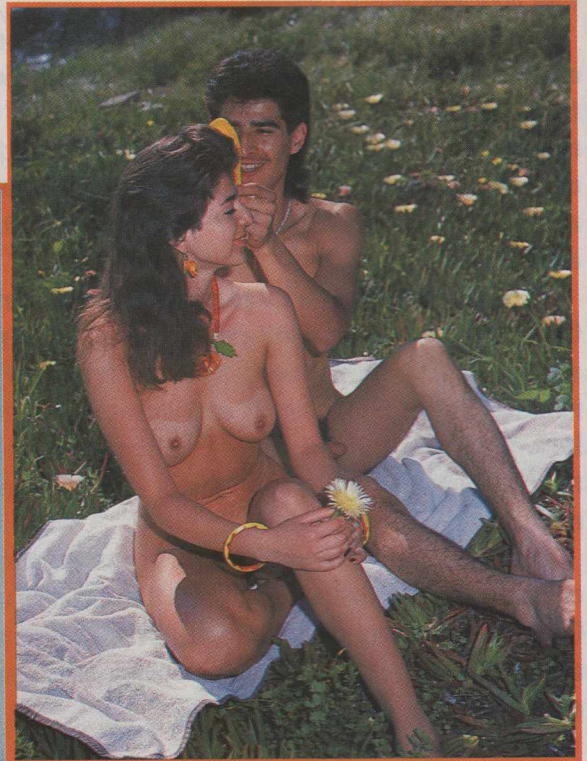
One nude who was graciously allowed to display all on Margate's Cliftonville beach was Lucy, a six foot dumb blonde. She posed, uncomplaining, for several hours one particularly chilly June day while local artist Anthony Waite painted her likeness for his new collection of seascapes entitled "Whatever The Weather".

Lucy got the job after Waite's "usual buxom lady" cried off with flu. "Lucy is a bit thin but she does have some advantages," said Waite. "She's not going to catch a cold or get goose pimples and she's great at keeping the same pose."

After completing the painting Waite and an assistant were seen manhandling the still naked model into the back of his car before driving her back to her home; the window of a charity shop in town.

**Romance is blooming for this young
naturist couple**

Photography by Leif Heilberg



Lee & Sonja





A day on the cutting edge

As underground body art is becoming increasingly mainstream, Mark Warren drops in on a convention at Croydon to find out who exactly is baring all for the needle

THE chap with the tattoos running down his arm and the spike through his nose was a give-away. Walking down the high street, it was a relief to spot someone who could undoubtedly direct me to the Skin Art convention at Cinatra's nightclub in West Croydon.

The club itself is typical of any number of out of town joints. An enormous two levelled place, slightly run-down, somehow frozen in a time when nightclubs meant white suits and medallions but doing a roaring trade for the copping-off hungry youth of this south London suburb. But that's for Friday and Saturday nights. Today the place is taken over by the tattooed and pierced of the nation, getting together to show off their work, to add more decorations or just coming for a drink.

Once inside the dimly lit venue, the first thing I noticed was the sound of needle guns buzzing away. There were makeshift tattoo parlours lining the walls of the first floor gallery. Tattooists bent over willing tattooees while people looked on, some noting the techniques, some waiting to have more work done on



Isobel has a familiar face - and other bits!

their already heavily illustrated bodies, others trying to pluck up courage to have their first tattoo, like Julie Hopkins.

Laying prone on a table with her knickers half way down her thighs, she was having her first tattoo; a small daisy. Ruth of Eternal Tattoos did the work. Julie's pal stood by her, unsure whether to hold her hand as she winced in pain or to encourage her to breathe like a mother during delivery. Eventually the work was finished and she limped away, a piece of cellophane taped to her thigh to stop the blood and ink from staining her clothes.

Did it hurt? I asked her. "Yes, it was agony," she laughed. "But I'm glad I had it done. My dad'll kill me if he sees it!" Let's hope he doesn't read H&E, I thought to myself as she signed the model release I gave after I'd photographed her thigh.

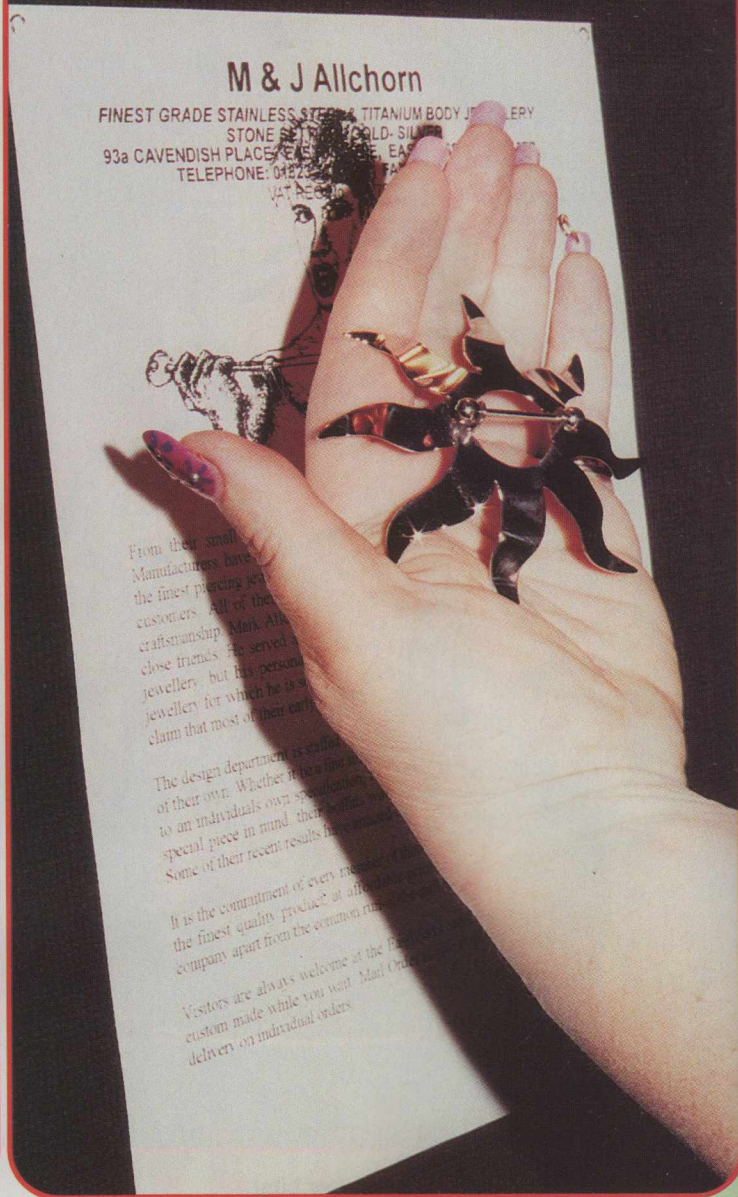
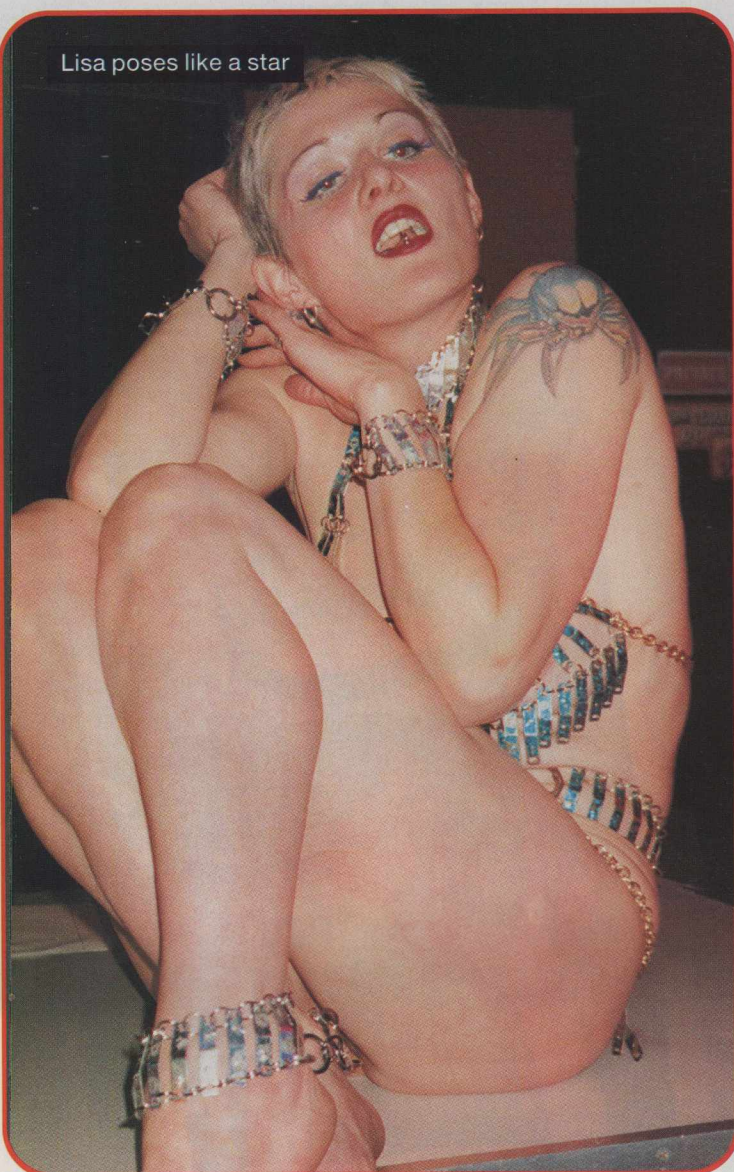
Tattooing has gone through a massive renaissance in recent years, and the popularity of piercing underlines the fashion for body modification which was once the preserve of the true outsider. Here, there was evidence of the status that tattooing once had. Bikers and skinheads sported the old style tattoos everywhere you looked, but it seems they welcome the newcomers without prejudice. Here is a group of people united by a common interest and it doesn't matter what you look like, what your reasons are for having tattoos or piercings, the fact is that they have all taken the



Gwenda's body is her canvas

Tattooing has gone through a massive renaissance in recent years.

Lisa poses like a star



Contacts:

Metal Carew:

Tel. 0171 281 1953

Freeline Studios:

Tel. 0421 550862

Eternal Tattoos:

Tel. 0181 946 6840

H&E Piercing guide 0891 805 412

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.

same, largely irreversible step of turning their bodies into works of art.

The spread of piercing is a real measure of the underground seeping into mainstream culture. It was only a few very short years ago that the sight of a facial piercing would have caused traffic to stop in the streets, but now an eyebrow, lip or tongue piercing is scarcely given a second glance. And where a nose piercing was once reason enough to be written out of your parents' will, it is now decidedly normal.

However, on the huge video screens either side of the stage, the actual process of piercing was shown in graphic detail. It was enough to make a grown man turn pale. The close-ups of the needle penetrating nipples, lips, tongues, labia, foreskins and the penis itself came in quick succession, the piercer's hand shaking in an unnerving fashion. I was assured that this was because he was having to work at an awkward angle so the camera lens could have a good long look at what he was doing. Still, with an appointment booked to have my own nipple pierced only days away, it left me feeling uneasy to say the least.

Entertainment was laid on in the form of several bands, the most successful of which was the bona fide rock 'n' roll outfit who got quite a few people on their feet for a boogie,

not least the chap whose back was a testament to the importance of tattooing in rock 'n' roll - every inch was covered in old style rock 'n' roll tattoos, many of which were done in the Fifties, including the images of Buddy Holly and Gene Vincent.

Another large contingent present was there because of Club Whiplash's involvement. One of London's best known fetish clubs, Whiplash has many tattooed and pierced devotees who like nothing better than to show off their work to anyone who asks to see it. This openness and friendliness is a real part of the fetish scene. The people might look as scary as hell, but I keep finding them to be thoughtful, polite and willing to chat to anyone.

Still, the show that was put on scared the life out of me. A group of fetish nuns brought on a "heretic" who was to be tried by pain. A chap in a monk's outfit then pierced his head with several long wires until he looked like an extra out of "Hellraiser". He came into the audience afterwards for people to examine the wires in his head. He claimed it didn't hurt and he certainly looked cheerful enough. Very impressive.

Later on in the day I encountered Rona whose many piercings and tattoos are well known on the scene. She picked up her custom-made star jewellery designed for her nipple. It

took some time for her to attach it to her breast, by which time quite a crowd had gathered to watch the fascinating process of someone struggling to get a piece of silver fixed through their nipple. Once she succeeded, she posed happily for the many gathered photographers and ended up talking to Karen who has a very impressive Phoenix design across her chest in a startling and beautiful range of yellows and oranges.

We talked about the acceptability of pierced and tattooed people in society and Karen recounted a story of when she took a much needed weekend off. She arrived at a B&B, without her facial piercings in and with her tattoos covered. After a lovely stay, she went to pay her bill, now with her piercings in place and the woman who ran the boarding house said, "If I'd have known you looked like that, I would never have let you stay here." It's amazing that people can be so ignorant. Here is a perfectly decent and likeable woman having her entire personality judged on another person's reaction to some jewellery. OK, so she has a spike emerging from her chin, which can be a little alarming if you've not seen such a thing before, but she is a charming woman.

On further roaming, I met Gwenda Wood who has an impressive scene tattooed on her back; a sea crashing onto a beach, complete with a pair of dolphins. She is about to move to Portmeiron where she and her boyfriend are opening a tattooing/piercing parlour called Freeline Studios.

All of which left just enough time for a quick chat with Lisa who makes her own metal jewellery/costume (which she was modelling with some enthusiasm) and Isobel Varley who is rapidly on her way to becoming the country's most tattooed woman and something of a TV personality, having appeared on a number of programmes, including Frank Skinner's show. Point a camera at her and she soon reveals the extent of her body art; her face, hands and neck remain untouched and that's about it!

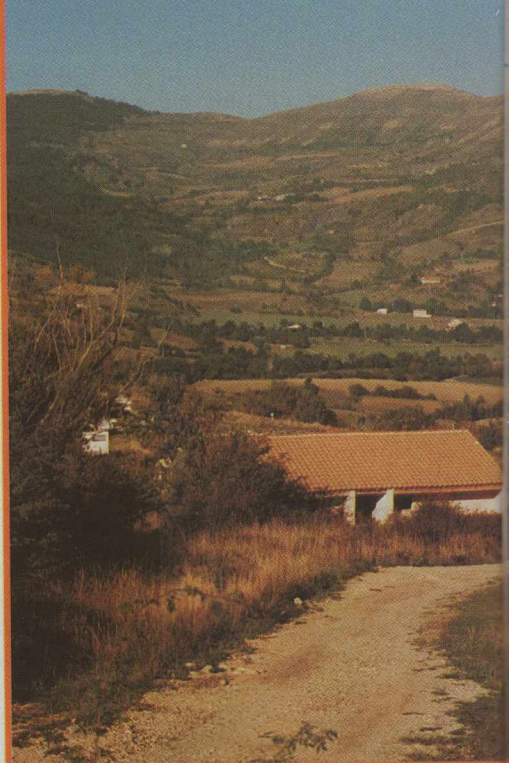
Oh, I had my nipple pierced several days later and it really, really, really, really hurt. ■■■

Controversial Karen - getting up the noses of Britain's landladies'

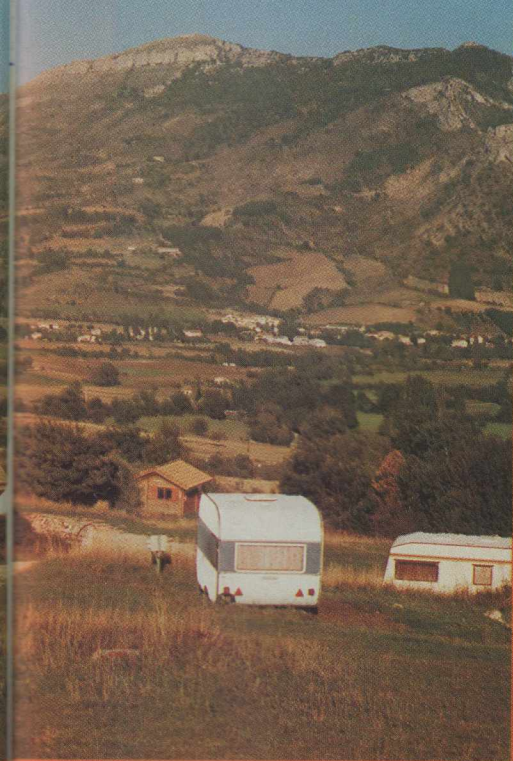


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The Routelles campsite in France is perfect for a peaceful getaway - but when Robbert Broekstra visited off-season he found the weather far from tranquil



The black and white Mistral!



You'll need a head for heights

Dominique and Jacqueline bought this mountain area in Provence near the town of Sederom nine years ago. Dominique made a living selling cheeses but was tired of it all so, together with Jacqueline, they decided to start up a naturist camp site. To supplement their income Jacqueline teaches at the local school and Dominique owns some sheep.

On the grounds you'll find a small store, a restaurant which provides super food, and cabins for those of you who don't have tents or caravans. The toilets are clean and the showers are hot. If you bring a caravan it may have to be brought on site by tractor. It's worth the hassle as once you've settled you'll

be rewarded with a magnificent view over the valley of Sederon. At night when the lights go on under a starry sky it's a really romantic spot - sheer paradise on earth.

Those who love mountain climbing will certainly enjoy this camp. You can walk in your birthday suit for about 4km on one of the country trails. Don't forget your camera - you'll regret it if you do!

We were there during the low season in September and there was a lot of rain, although the mornings were usually sunny. The rain came in the afternoon thunderstorms. We also had some cool nights and Dominique told us to take one of the chalets instead of our tent.



DATES FOR YOUR DIARY

Sunday 24th August

H&E OPENS THE DOORS!

Sunday 24th August is H&E's official club open day. This is your first chance to come down and take a look at our exciting new venture.

The site, at Christmas Pie Woods in Kent, is set in some of Britain's most stunning countryside.

Let us show you round the club, or simply relax and chat on the beautiful sunbathing lawns.

We have great plans for this club - don't miss your opportunity to be part of them!

Entrance is £3.00 for the day. Please ring us and leave a message on 0181 983 9969 asking for H&E Club day details and a booking form.

Please pre-book to avoid disappointment.

SEE FEATURE on pages 10 - 12

Saturday 23rd August

H&E goes to Charnwood

The H&E team will be at Charnwood Acres on 23rd August, as part of their fun-filled bank holiday weekend. H&E events will include:

- a chance to see how a magazine/newsletter is put together (including hands-on instruction)
- a writers' workshop
- an exciting glimpse of naturist mags from yesteryear
- a Charlie Simonds' photo session where you can learn from the master himself
- an opportunity to have *your* photo taken by a professional
- the usual H&E stall of goodies

Charnwood also has a full programme of their own great events to carry you over the whole weekend. So come on down and join in the Charnwood fun!

A standard day visit fee for a couple is £6.00 and £4.00 for a single. If you wish to stay overnight the additional site fee is £4.00 per night.

For further information and booking forms write to: Charnwood Acres, Markfield Road, Ratby, Leicester, LE6 0LU. Please state if you wish to come for just the day or intend to extend your visit. **You must book before you go** and forms *must* be received before **18th August**.

Thursday, 11th September

Is the publication date of our first BI-MONTHLY
H&E LIFESTYLE

Reactions to H&E quarterly have been so good that we have decided to increase its frequency!

The new H&E *LIFESTYLE* bi-monthly will be on sale on the second Thursday of:

September, November, January, March, May, July

Take out a subscription on page 13!

H&E Lifestyle will continue to feature the same exciting mix of naked lifestyle features that readers have liked so much in the quarterly

You can put in an order at any newsagent, or, obtain your copy at our recommended outlets - **Martins Newsagents**

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...then
just pick up the phone!

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A guide to practices and places
Tattooing 0891 805 413
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News from far away

We Want Your Body 0891 805 429
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Am I gay? 0891 805 421
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Am I a lesbian? 0891 805 422
Advice on this important question
How to find a (gay) partner 0891 805 423
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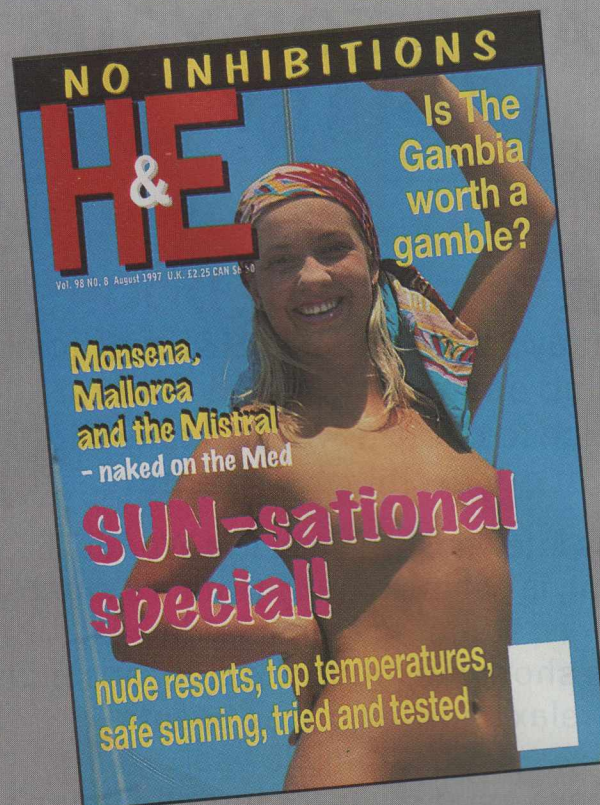
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North Kent/ near London. Naturist B&B with indoor pool, sauna, jacuzzi, all rooms colour TV. From £19.50. Ring 01474 853438 (910102 9807 +a/c SL)

Leeds/Bradford/Yorkshire Dales. Welcome to naturist B&B in characterful Victorian house. Enjoy spacious bedrooms, lounge with log fire, excellent meals. Tel: 01274 532002 (98/08)

East Anglia Friendly attractive naturist couple offer relaxed champagne Jacuzzi and massage evenings or overnight stays for singles or couples in luxury intimate surroundings. Phone 01473 715150 (evenings) (910132 9810)

Naturist male has accommodation for naturist couple or single female. Has sauna and secluded garden. Relaxed atmosphere. Write to: Dave, 400 Rochford Gardens, Slough, Berks. Tel: 01753-677962 (910170 9808)

Cornwall, near Mevagissey. Ideal holiday base close to naturist beaches. Bed and breakfast in comfortable home. Friendly atmosphere. Singles, couples, reps welcome. Tel: 01726-842547 (910172 9808)

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Friendly naturist couple offer B&B. Swimming pool. BBQ. Boules. Badminton. Table-tennis. Singles/couples. Massage /aromatherapy. Totally nude environment. Phone 01364-642230 (910050 9809)

W. Wales, Pembrokeshire, B&B in Country House set in 4 acres of grounds overlooking the sea. Reps, singles, couples welcome. Hot tub, sauna, multi-gym. Naturist environment. Tel: 01348 811223 (98/07+)

Cumbria / North Lakes: Relaxing B&B with optional EM in genuine friendly naturists' family home. Easy reach M6. Tel: (01768) 881834. (70001 9808)

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845457 or 0860 288232 (910129 9810)

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Enjoy the discreet informality of a peaceful North Devon Cottage! Relaxing male naturist environment. £39 en-suite. Brief daytime visits also. Business receipts issued. Credit card essential when booking. 0374 890 568 (910057/2 9809)

Relaxing naturist B&B. 30 minutes Reading, Oxford, Swindon. Sauna, Jacuzzi, delicious evening meals, beautiful country home, outdoor pool. No smoking. Tel: (01488) 608456 (910058 9808)

Canvey Island, Essex. B&B in naturists' home, friendly atmosphere. Day visit & massage available. Phone 0402 274172 (910157 9810)

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Apartment for sale on naturist site, Costa Natura, Estepona in Spain. South facing, sleeps four, fully equipped. £36,000. Tel: 01934 513577 (910144 9810)

FRIENDSHIP

Quiet, shy, generous naturist (60) seeks lively, outgoing male friend (under 25) for chat, trips, happy times. South/ anywhere for start. Box No 980301 (910117 9809)

Attractive Irish single male, 40, seeks female Ireland/worldwide for company, friendship, travel. My interests are music, books, travel, sunshine, cycling, swimming. Box No 980803 (910153 9808)

PARTNER WANTED in Devon! Divorced male, 55, V.G.S.O.H. seeks live-in Male other half. I'm insecure and need some support. Hobbies Naturism, Foreign Travel. Write now if solvent and free to re-locate. Box No 980701 (910079 9809)

Student male, new naturist, seeks friendship of like minded male or female. West Country area. Please write to Box No. 980708. (910125 9810)

Seeking Naturists, communes, couples, companions of similar mind? Penfriends in all areas and throughout USA worldwide. Stamp please, Baraka H, The Golden Wheel, Liverpool, L15 3HT (99/01)

Come to the H&E Club Open Day on 24th August and make the acquaintance of other H&E readers as well as meeting some of the staff. Our new grounds are based near Goudhurst in Kent. Pre-booking essential. Ring 0181-983-9969 and ask for H&E Open Day details to be sent to you.

Meet new friends and lovers! Singles and couples enjoy Parties and Introductions! Phone now for details:- (24 hours) 0181 236 4006 (910120 9810)

Ring 0181-980-8380
to place your ad -
display or classified

Genuine single male young looking 46, scorpio, non-smoker, 5'9" tall, slim build, dark hair, blue eyes, quiet, caring, easy going, romantic, GSOH, varied interests including photography, travel, swimming, walking. Would like to meet attractive single lady 18-40 slim build, large bust, non smoker for friendship, holidays, possible relationship. Photo please, returned. A.L.A. Box No: 980602 (910056 9808)

HOLIDAYS

Ibiza. Exclusive country estate. Naturist paradise for pleasure seeking swingers. Hedonistic atmosphere. S/C apartments. BBQ, Bar, S/Pool, Jacuzzi, £25 P.P.P.D. 00 3471 331157 (98/09)

Thousands of naturists are looking for somewhere to stay when they visit free beaches. H&E advertising is an ideal opportunity for you to reach them every month

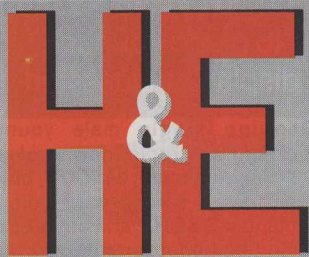
Summer in Fuerteventura! Fabulous naturist beaches and lovely accommodation at prices you'll love. Brochure from Sunseekers (Dept H), FREEPOST (RCC2232), Horsham, West Sussex, RH13 6ZA or telephone 01403 891495 (anytime) (910164 9810)

West Wales - Llwynteg naturist Centre

is a new concept in British naturism. A combined holiday centre/health centre aimed primarily at the 25 to 55 age group, it is for naturists who seek a more liberal-minded atmosphere than that found in most Sun Clubs. Friendly and informal, people are free to relax and have fun. Indoors there is a modern health suite with all the facilities one would expect including massage. Outdoors there are 18 acres of the most beautiful countryside in West Wales.

Prices for accommodation are from £25.00 per room per night. Day visitors are welcome throughout the year and camping is permitted during the summer.

For brochure send 3 first class stamps to: Llwynteg Naturist Centre, Rhydlewis, Llandysul, Dyfed SA44 5PP
Telephone: 01239 851637 (910041/2 9812)



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HERE IS THE B.B.C. NEWS

B.B.C. stands for 'Bare Bottom Club'. It is an entirely new naturist organisation aimed at 25 to 55 year olds. Based at Llwynteg Naturist Centre it believes the C.C.B.N. is for old fogeys. The B.B.C. is different. It is humorous, liberal-minded and adult. Most of all it is fun. If you want to tune into the B.B.C., write to:
BBC, Llwynteg Naturist Centre, Rhydlewis, Llandysul, Dyfed, SA445PP
(910041 9812)

Cap d'Agde studio apartments available for carefree naturist holidays, travel can be arranged. Personal service. Details: 0370 792 668 (910014 9808)

Lanzarote 3 bed villa, TV video, private heated pool, solarium, quiet position 3 miles from airport, car necessary, sleeps 6/8 persons from £450 weekly. Phone 0034 28 512149 (910137 9810)

Portugal - Luxury villa, sleeping up to 9, maid service, large patio with 6 x 4m pool, secluded garden, 2400 sq.m, totally suitable for naturists, situated in Almancil on the Algarve, 8 miles Faro, 5 miles from beaches, golf and tennis. Details: 16a North Street, Hornchurch, RM11 1QX 01708 472 715 (910109 9710)

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Fully professional IRMT or casual one day courses. Free use of Indoor Pool/ Sauna/ Jacuzzi for day or Residential Students. Work available here for qualifiers who wish new career.

Send 4 x 1st class stamps for prospectus

Silverleigh, London Road, West Kingsdown, Kent, TN15 6EX (A/C)

Chinese masseuse offers relaxing naturist massage. Mon, Wed, Fri. Off junction 10/11 M25 Walton. Phone 0374 642828 (910139 9808)

BARNEY HAS MOVED TO BRIGHTON.

This fully qualified and experienced male therapist gives the same quality complete body massage as ever - discreet, sensuous and relaxing. Men only. 01273-777726 or 0958-258133 (mobile) (910089 9809)

Notts. Private facilities for discerning males. Enjoy nudity and tension release with qualified masseur, sauna, showers available. Ring David 01159 232484 (best before 9.30 a.m.) (910099 9708)

Massage by qualified masseuse. Very pleasant surroundings, private and discreet. Six days and some Sundays. Naturist environment. Genuine calls only. For appointments phone 01933 625070 (910167 9810)

Sue and Steve demonstrate and teach sensuous massage privately. Singles/couples. Evenings. N. London (M25/M1) Also 'Liberating sensuality' Saturday Seminars-Leaflet (2 x stamps) 'Healthcare' Box 515, St Albans, AL1 5DW (910101 9809)

Spirits of Africa Indian Head Massage; Thai/Swedish naturist reversible massage by Christina. Feel the magic in my touch. M1 Junction 15 Tel: Northampton 01604-472576 (9808+1)

Stockport Swedish massage and body shaving. Friendly, unhurried service by non-smoking mature masseur. (BTEC/Merit) £18 for 1 1/2 hours. Mornings/evenings. Mike 0161-430-8234 (910158 9809)

Relieve stress and tension of everyday life, unwind with a spa bath followed by a full body aromatherapy massage by qualified male masseur (IPT and ITEC). Also sunbed and body shaving. Gentlemen only. Phone Chris on mobile 0370-777047 or 01707-268043 (910087 9809)

Gt. Manchester/W Yorks. Full body massage by qualified masseur and wife for ladies, gents, couples in high class surroundings. Can visit. Phone 01457 872866 (910140 9810)

Staffs/Shrop. M6. J14. Relax in/Outdoors with busty slim 30's blonde genuine nudist (ITEC). Appointment only 9.30 a.m. - 6.30 p.m. Mon- Sat 01785 851 924 (910092 9809)

Surrey, Executive Massage (naturist) tranquil surroundings, easy parking. Wednesday, Thursday, Friday, 12 noon till 10 p.m. Carol; Tel: 01483 481 691 or 0374 940148 (mobile) (910086 9809)

Visiting service Northeast females and couples. Relaxing massage by mature male. Telephone 0370 631 804 mobile (910135 9810)

London, fully trained male masseur, attractive youthful 40's offers therapeutic relaxing 1 hour's massage. Ladies only - can visit. Phone 0181 969 4457 (910142 9808)

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London, handsome black man 25, naturist massage, body shaving, fabulous Kensington apartment, friendly service, near tube, men only. Lucas, 0171 6105467 (910165 9810)

Derby, East Midlands Relaxing unhurried massage by a qualified friendly couple. Together or individually. Tel: 0410 453 773 - Jeff & Jill (910044 9808)

St. Albans, Herts. Indulge in a gentle, relaxing and satisfying full body aromatherapy massage. Everyone made welcome. Antonio (01727) 811234 or 0973 616 706 (98/08)

S.E. Kent. Ramsgate (near Sandwich nudist beach), lady offers relaxing naturist massage

in the privacy of her own sea-side home. Phone 01843-580041 for appointment (910162 9810)

Northampton - Qualified female Therapist/Counsellor offers aromatherapy, Reflexology, Shiatsu, Swedish, Tao massage and counselling. Private home studio with sauna and shower. Park Studios. Tel: 01604 404461 (910045 9808)

S.E. London/West Kent. Full body massage/aromatherapy by experienced naturist couple for ladies, gentlemen, couples. Relieve stress, tension and totally relax. Sensual massage for couples. Tuition available. 0181 690 8714 or 0168 981 2426 (910052 9808)

Lincolnshire, attractive mature couple offer full body relaxing, sensuous naturist massage, either singly or together, for ladies, gents and couples. Improve your love life and gain better health and vitality with Tantra, Tai-Chi and Chi-Kung. Phone Jan or Mike 01526-345446 (910053 9808)

Guildford. Masseur I.T.E.C. qualified offers full naturist body massage to ladies, gentlemen, couples in private clinic or local home visits. Phone Christopher 01483 211050 (910077 9809)

"Excellent aromatherapy massage in West Yorkshire". Exit 26, M62, Joyce Fearson. S.P Dip. A., M.I.S.P.A., R.S.A. Counselling. Tel: 01274 876621 for details and appointments. (910036 9810)

Cheshire Aromatherapy by qualified masseuse. For information/ same day appointment, Mon, Tues, Wed, Fri, please call before 9.30 a.m. 0 0163 9810)

For Mind, Body and Soul. Ladies/Gents soothing naturist massage by qualified male practitioner. personal exploration/ Psychotherapy also available (dressed only) Jon: 0976 411868 (London) (910066 9808)

Masseur/ex Royal Marine P.T.I. offers sensual massage, gym workouts, body shaving, herbal bath etc. for gents, ladies and couples. All naturist environment. Junction 10/11 M25 Phone 0836 356145 (910046 9808)

London. Outstanding male masseur. Handsome 34 year old naturist. Total luxury in private Hammersmith surroundings. All services to men/women/couples. Spoil yourself. Credit cards accepted. John (0181) 741 0412 (910060 9808)

North/West. Professional masseur offers quality, unhurried, full service massage, special aromatherapy, assisted aromatic bathing etc. Also B&B as required. Appointments only 0151 652 5948 (910024 9808)

Voluptuous blonde naturist, shaven and pierced, gives sensual full body massage to executives in discreet luxury surroundings. Relax and let me relieve your tensions. Friendly - no hurry - satisfaction guaranteed. Ipswich 01473 270120 (Mon - Fri 10a.m. - 6p.m.) (910133 9810)

Bedford male masseur offers superior naturist massage for men, women, couples in private comfortable surroundings. Appointment from 6.30 p.m. daily. Tel: 01234 325951 or 0802 405 018 (910161 9808)

Handsome, six foot, well built, visiting masseur for discerning ladies. Central England, availability by appointment only. David 0467 358410 (910136 9808)

Satisfying massage for discerning



ladies/ couples by naturist masseur with sensuous hands. Body shaving for ladies. Discreet, reliable. Accommodate / visit. Reasonable rates. Mark 0171 700 6826 (910098 9809)

Stowmarket. Mature male masseur gives satisfying massage. Releases tension and stiffness of muscles. Appointments 9 a.m. - 8 p.m. 7 days. Tel: 01449 711351 (910069 9809)

Attention: All massage practitioners are now required to produce documentary evidence of their qualifications before their advertisement is placed.

MODELS

Artist seeks models in photographic documentary, ages 1-80, male and female. Ages still needed: Male 77 - 80, female: 44, 45, 47, 49, 52, 54, 55, 58, 62, 65 - 80. Travel expenses paid and print available. Telephone Tony Kelly 0171 627 5439 (98/08)

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Unusual pierced shaved and tattooed model (42DD - 28-38) versatile, experienced, photo/video work of all types. Rona - Ipswich 01473 715150 (evenings) (910134 9810)

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Sunshine Handyman Service CCBN member. All jobs welcome. Prefer working naked. Glos. area only. 01452 712591 (910124 9809)

PERSONAL

Fantasy Garden, West Wales: Whatever your fantasy, we can turn it into reality! Details: 01239-820330 (910143 9808)

International Newsletter, plus worldwide correspondence list, free listing. Also naturist photos, posters and videos. For more information, write to I.N.I.C. PO Box Box 2082, 2800be, Gouda, Holland (98/06 +Is)

Ladies only experienced mature male offers all escort duties for ladies. Dining, theatre, office functions, sports events. Massage also available. No males. Middlesex, Herts, West London. Contact No 07050 041721 (9808)

Penpal Mag for adults: Over 500 photos. Approval copy from: Matchmaker, (E.25), Chorley, PR7 4BS, Or ring: 01257 480155 (24 hours) (98/06 +I)

Genuine naturist women are needed for couples naturist clubs and holidays to be escorted by gentleman. Easy way to earn extra money. Looks not important. Box No 980711 (910068 9809)

Uninhibited women, men and couples seek broadminded/ adventurous people! Free information; send SAE now to Samantha Wilde Bureau, 2-5 Old Bond Street, London, W1X 3TB Established 1987 (910119 9811)

VIDEOS

Wanted videos: any UK/foreign naturist videos wanted for private collection. Buy within UK only. Box No 980704 (910091 9708)

For a full listing of all videos available through New Freedom Publications, see our ad elsewhere in this issue.

NEW AND UNIQUE!

The Miss Nude America 1996 contest is a nude beauty contest full of fun like only the Americans can organise.

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Over 18's only

To: **Main Event Productions, PO Box 79, Leeds, LS19 6XN** (910156 9808)

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Discreet Video Mail order service featuring cute guys! Straight Up; features hunky guys (18&19) £17.99. Detention: resistance is futile £15.99. Sweat!: steamy guys in the sauna £16.99. Postage; UK & Europe £1.50 each. Worldwide airmail £4.00 each. All BBFC certificated - 18. S.A.P.Trading Post, Freepost BR1307, Eastbourne, BN21 1BR (910055/2 9808+I)

Attractive, brunette, slim, 26, would like to pose for fun photography, or video, north west area preferred but can travel. Photographer please send sample of work with reply. Husband will accompany. Box No 980705 (910115 9809)

PHOTOS

Kim's Prints confidential photo service. 6 x 4 prints 24 exp. £3.99 plus 50p p&p. 36 exp £4.99 + 50p p&p. Send your films to: FREEPOST (BH1862) Poole Dorset BH14 9BR (910112 9709)

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* HOW TO CONTACT

* WHAT FACILITIES AVAILABLE

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14 Jackman Drive, Horsforth, Leeds, LS18 4HS (A/C)

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NR. HARROGATE

Families and couples welcome. For details send 2 x 2nd Class stamps to Secretary, Box 1732 c/o Health & Efficiency (A/c 99)

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SAUNA ROOM AND SUNBED
For brochure send s.a.e. to:
The Secretary,
Fiveacres Country Club,
Fiveacres Avenue,
Bricket Wood, Herts. AL2 3PY. (A/c)

Ashdene Naturist Club welcomes membership enquiries from families and couples. For details of facilities and fees, write to 500 Elland Road, Elland, West Yorkshire. HX5 9JB (910131 9810)

H&E will be at Charnwood Acres on August 23rd. See our ad elsewhere in this issue. Come and meet us (you must book first)

New members are welcomed at the **BIGGEST LITTLE SUN CLUB IN ENGLAND**. Set in beautiful Surrey countryside, Surrey Downs boasts a new outdoor pool, new games courts, Boules court, luxury clubhouse and sauna. Relax in sunshine or shade on our spacious lawns. Student and Distant member reductions. Telephone 0181 482 7126 (24 hours) or write: PO Box 75 Woking, Surrey GU22 7XB (CCBN affiliated) (910061 9808)

H&E 's MISCELLANEOUS MARKET PLACE

OTHER CLUBS

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Postbus 291
1700 AG Heerhugowaard,
The Netherlands
Tel/fax: +31 (0)226454193
e-mail:
nudest@worldaccess.nl
(98/07)

Liberated singles and couples are having fun together, throughout the UK. Why not join them? SAE: HE897, 84 Stafford Street, Atherstone, Warwickshire, CV9 1DW (910168 9808)

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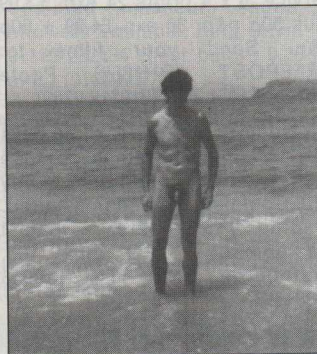
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WOMEN SEEKING MEN

COME AND JOIN ME. Blonde lady, 32, likes fine food/wine, massage, naturist beaches. Seeks passionate, tactile male for fun time. ML 15910

STOP PRESS - MEN. If you cannot find your ideal woman amongst this month's advertisers, why not call the Browse Hotline? You will hear messages from all ladies currently using this service.

MEN SEEKING WOMEN

BESIDE THE SEASIDE Tall & slim 47 year-old naturist Male, likes saunas, swimming, massage & sun-bathing. Seeks F, 23-43, to join him at clubs & beaches, & on holidays. Northampton. ML 11238

STEAMY Good-looking Male, 37, slim, blue eyes, non-smoker. Seeks slim Female for sauna, naturist activities & possible relationship. London. ML 20440

BOWL ME OVER! Solvent Male, 39, likes pubs, discos, bowling & health clubs. WLTm bubbly & bouncy naturist Female with similar interests. London. ML 22873

LOVING THE SCENE Active 25 year-old guy, seeks female to go to naturist beaches, parties & the like. East Anglia. ML 18433

GET IN TOUCH! Male, 25, 5'10", new to naturism, likes walking & photography, seeks Female or couple for friendship. Leeds. ML 18487

LIBRAN! African Male seeks mature Female, around 40, to enjoy naturist activities. London. ML 18737

LET LOVE BLOOM Roses are red, violets are blue, place a free ad and let your man find you.

YOU NEED HANDS! Blue-eyed Male, 29, athletic & tanned. Likes walking & the beach. Seeks Female or couple for friendship & fun. North East. ML 20063

UNCLOTHED FREEDOM Guy, 29, likes going out, naked walks, nude cycling & exhibitionism. Seeks single/couples. North East. ML 20064

KEEN TO LEARN New to naturism Male, 27, into beaches & naturist clubs. Seeks slim, 20-28 year-old Female, with similar interests. Kent. ML 20412

LET'S PARTY! Male, 41, experienced naturist, likes parties, beaches, swimming & music. Seeks open-minded Female, up to 38. Middlesex. ML 20510

PACK YOUR BAGS! Athletic Male, 26, seeks attractive, fun-loving Female, 18-35, for South of France at end of June. Edinburgh. ML 21281

VIVE LA FRANCE! Male writer, late 30s, slim & fit. Seeks Female travel companion to accompany him to France in July/August. Suffolk. ML 21328

GRAB THIS! Well-endowed Male, 39, 6', well-travelled & witty. Seeks mature Female or Females for afternoon, adult fun. North West. ML 22731

MESSAGE MANIA! Fully qualified masseur, 28, 5'6", easy-going with GSOH. Seeks Female company for beaches, clubs & general relaxed fun! Sussex. ML 22830

HANDY MAN! 30, blond hair, green eyes, tall, tanned & athletic.

Loves the outdoors. Seeks Female or couples for mutual fun. North East. ML 22901

A NATURAL...! Mature (29! year-old!) student, open-minded & adventurous, WLTm similarly-minded Female for friendship & romance. West Lancashire. ML 11736

A LOT TO OFFER...! Tall, attractive, open, considerate & romantic 29 year-old, into cinema, restaurants, country pubs & travel, seeks a similar Female, 18-35, to share those special moments. West Lancashire. ML 12408

SENSUALITY Tall, smooth, tanned Male. Likes adventure sports and wine/food. Seeks sensual lady for relationship. Lancashire/anywhere. ML 15400

PLAYING IN PLYMOUTH Naturist male, well-endowed, seeks the 'larger'-type Female, under 56, for days/nights on beaches. Plymouth. ML 15818

BLUE-EYED MALE Attractive, 21, 5'10", short dark hair, fun, fit, into pubs, clubs, cinema & sports, seeks Females aged 18-28 for fun & friendship. All replies answered. Southampton. ML 17163

A NEW DIRECTION! Male, 46, 5'9", slim, blue eyes. Into naturism & motorbikes. Seeks Female, 25-55, to share time with. Yorkshire. ML 20362

LIFE'S A BEACH Tall, athletic & broad minded Male, 28. Fun to be with. WLTm similar Females, 18-26, for trips to the beach & clubs. Hampshire. ML 12797

NO MORE DIY! Romantic & caring guy, 30s tired of DIY & being alone. Seeks attractive Female, for fun & friendship. Northumberland. ML 18785

SPIRITUAL SUNSETS Scatty, sensual & spiritual Male, 27. Likes art, beaches & wine. Seeks Female friends, 18-35, to share quality moments. Devon. ML 19506

NO SHEEP PLEASE Tall, blond, blue-eyed 28 year-old guy, seeks adventurous, fun-loving lady for fun time. North Wales. ML 19750

FIT & ACTIVE Student guy, 25, 5'8", into keep fit, swimming, art, music, cooking & naturism. Seeks mature, kind lady. Kent/anywhere. ML 19797

GET IN THE MIX! Athletic Male, 33. Into DJ'ing, seeks a Female travel partner, 23-33, to join him at a naturist resort in mid July. London. ML 21060

LUST FOR LIFE Outgoing student, 29, 5'10". Into keeping fit, the outdoors, cooking, fine wine & having fun. Seeks independent Female with a lust for life. Northampton. ML 22612

FUN & FRIENDSHIP! Male, 43, enjoys cycling & music, seeks Female friend, 20-50. Yorkshire or Lancashire. ML 18010

IN THE PINK Dark-haired Male, with interest in naturism, saunas & open air club activities. Seeks naturist lady, 20-35. London/anywhere. ML 18055

IN A LATHER? Cuddly, 6', 27 year-old male into football, reading, shaving & body piercing. Seeks lady into the same. Newcastle. ML 18122

NEW TO NATURISM Tall, solvent Male, 38, good looking, into cinema, clubs & eating out. WLTm attractive Female for holidays, fun & naturist meetings. Surrey. ML 18193

INDOOR & OUT! Male, 38, 5'5" & medium build, enjoys walks, cinema & the beach, seeks F, 38-50, for naturist fun. Essex/London. ML 18279

NEW TO TOWN! Male, 39, bubbly personality, likes cinema, health clubs & beaches. Seeks friends for socialising. Get in touch! Hampshire. ML 18856

GOOD FOOD, GOOD FUN! Male, 31, blue eyes, 5'10", into

pubs, clubs, naturism, photos & videos. Seeks Female, or couple 25+. Shropshire. ML 18361

BLUE EYED GUY! Slim 41 year-old, n/s Male, seeks Female, 32-41, for holidays, country walks & naturist activities. Yorkshire. ML 19451

HEDONISTIC HAVEN! Young-at-heart, fit, hairy, 57 year-old, who 'loves' the naturist scene, massages, erotic art & music, WLTm a couple, or Female. ML 12959

AMERICAN GIGOLO Open-minded American guy, based in London. Seeks similar Female of any age, for fun times, on the phone or in person! ML 16204

FIT FOR THE SUMMER! Male, 6', fit, mid-40's, muscular, seeks Female friends, 21-55, for naturist beaches and clubs. Kent/South Coast. ML 17802

HOMELY FUN Naturist Male, seeks lady/couples for naturist fun in his back garden & naturist centres. London/Wiltshire. ML 18144

FOR BEACHES & CLUBS Single guy, 27, seeks plump, attractive Female, 24-30, to accompany him to beaches & naturist clubs & activities. Maybe 1-2-1. Leeds. ML 19180

SMILE PLEASE! Good-looking 35 year-old Male. Enjoys beach

Listen for your Personal Profile Matches!

trips. Willing to be painted & photographed by Female(s). Dorset. ML 19256

SUNNY SIDE UP Outgoing Male, 33. Into clubs, beaches & sunny holidays. WLTm Female, 30-40, into naturism & with no inhibitions! Milton Keynes. ML 17183

LIKES A LAUGH. Male, 33, separated, into pubs, clubs & disco's, seeks a woman 30-40, naturist, who does not mind taking her clothes off. Milton Keynes. ML 17724

ROMANTIC MAN Blue-eyed 29 year-old Male. Into cinema, beaches & the countryside. Seeks Female, 19-35, for friendship & romance. Lancashire. ML 16989

WE ARE THE WORLD Shy but adventurous Male artist, 31 with GSOH. Into good food & wine. Seeks intelligent, open-minded & passionate Female with style, & who cares about the world. ML 17129

BRUSH STROKES Well-built, witty & adventurous 27 year-old. Into body painting, travel, beaches & driving. Seeks Female, for friendship & more. Leeds. ML 17136

NATURE LOVER Open-minded, 35 year-old. Into country life, nature & naturism. Seeks black/Asian/mixed-race, Female, 18-25, with similar interests. Norfolk. ML 17520

HOLIDAY FUN Easy-going 23 year-old Male. Into travel & naturism. Seeks female travel companion, age/looks unimportant. Huddersfield. ML 16441

TAKE A BREAK Outgoing Male, 30. Likes cinema & weekend breaks in UK/abroad. Seeks experienced & voluptuous Female travel partner, for friendship & naturism. Merseyside. ML 16570

NEW NATURIST New Male naturist 30. Into pubs, clubs, cinema, keeping fit & beaches. Seeks blonde Female, 18-35, as travel companion. Must be 5'5"+. Merseyside. ML 16572

GREEN & KEEN! Avid naturist, 42, into saunas and photography. WLTm Females or couples for massage & videos. Can accomo-

date/travel. Leicester. ML 12526
DEVILISH IN DEVON! This caring, friendly and attractive 32 year-old extrovert, who, being new to naturalism, WLTM an experienced couple for Devon holidays (July). Oldham. ML 14406
NATURALLY NUDE M, 35, seeks slim, naturist F, 22-35, to go to clubs, beaches and parties. Couples welcome also. London. ML 15858

SPRIGHTLY SIXTIES! This attractive, happy and friendly 63 year-old, who is solvent and n/s, WLTM an honest, friendly, open-minded & attractive Female (age/race unimportant). West Yorkshire. ML 16099

HAPPY HIKER Irish guy, into hill walking, camping, computers & music. WLTM Female, with similar interests. Northern Ireland. ML 16844

HAPPY SNAPPER Genuine, friendly, mixed-race, M photographer, 30's. WLTM singles/couples, for private photo/video modelling sessions. Oxon. ML 15198

NEW NUDE Uninhibited Male, 38, new to nudism, with a massive sex drive. WLTM Males & Females, 18+ for fun & friendship. North East. ML 17385

ACCOMPANY ME Fun-loving naturist male 26 seeks plump, pretty naturist female, 24-30, for clubs and beaches. Leeds. ML 14828

UNIVERSITY OF LIFE This succinct, sexy & open-minded chap, who is new to naturism, WLTM an amorous, vivacious and attractive Female to further his naturist education. Northumberland. ML 17426

BIG GUY Muscular lad 24, into fringe cinema/theatre, scuba diving and skiing. Seeks sporty lady, 20-35, with similar interests. Brighton. ML 13538

SHOW HIM THE SIGHTS! Genuine, shy, 28 year-old, tall, attractive Male, into folk/rock music, travelling & sight-seeing, WLTM an attractive, slim Female, under 35, for fun & friendship. ML 14822

GO GREEN This 29 year-old M, into naturism, WLTM an attractive F, 20-30, to share his interests. Eastbourne. ML 14969

MATURE SPECIMEN Well-preserved 68 year-old M, seeks photographers/artists desiring a model. No fees involved. Bournemouth ML 15719

BETTER OUT THAN IN! This attractive, outgoing & friendly 33 year-old chap, into pubs/clubs, restaurants & the great outdoors, WLTM a similarly witty, attractive Female. ML 15792

MEN SEEKING MEN

ROMPER STOMPER! Professional Male, 56. Likes wining/dining, rambling, travel, theatre & massage. Seeks n/s, younger M, 25-40, to romp around in the nude with! London. ML 20504

LET'S STAY IN Avid naturist Male, 56, bald, 5'8", outgoing. Seeks younger, quiet Male for fun & friendship. Leicestershire. ML 21392

A CLOSE SHAVE! Bisexual Male naturist, early-40s, slim & shaven. WLTM bi/gay Male, for fun & friendship. Norfolk. ML 22789

STOP PRESS. If you cannot find your ideal guy amongst this week's advertisers, why not call the Browse Hotline. You will hear messages from all the guy's currently using this service.

THE HOT STUFF Blond-haired, rugby build, 33 year-old guy, into photography & swimming. Seeks guy for weekday sun worshipping. London. ML 19840

TALL TRANSVESTITE Naturist, 34, seeks guy, 34+, for fun times. West Midlands. ML 20550
FUN AND FRIENDSHIP Bisexual, tall, attractive, 33 year-old

professional guy, quiet & friendly, WLTM similar guy or couple, for fun & friendship. Cambridgeshire. ML 12862

PERFECT PLAYMATE Stocky, hairy, 'tached, 48 year-old, former H&E 'Man of the Month', WLTM an honest, open, attractive guy, 18+, for possible 1-2-1. Will travel. Wakefield/West Yorkshire. ML 15479

CLOSE SHAVE Gay Male 45, 5'8", slim and clean-shaven! Seeks older Male, 55+, for naturism in your own home. London. ML 16542

HAPPY BIRTHDAY SUIT Outgoing London Male, 34, spends the majority of his time in the nude! Seeks gay/bi guys, 20-45, for friendship. ML 21028

MATURE GENT SOUGHT Outgoing gay guy, 29, loves naturism, seeks caring Male, 40s-50s, for friendship, possibly more. London. ML 18553

GUY TO GUY Male 38, into modelling & nudism, seeks Male, 38-50, for fun & friendship. London. ML 21075

"What an easy way to make new friends and acquaintances!" - Place a FREE ad in the new JUST FRIENDS section 0800 839 152

WATER BABY Bisexual Male, 22, into swimming, travel, photography & football. Seeks guys of the same age, for fun & friendship. London. ML 16374

BE MY MASTER Gay guy, 25, seeks older, hairy, well-built guy, who'd like to dominate him. Scotland. ML 17790

LIFE'S A BEACH Gay Male, 55. Likes pubs, cinema, eating out & walking on the beach. Seeks naturist friends, 50-60. Can accommodate. Devon. ML 16291

NEW HORIZONS This sexy, hairy, lively and friendly chap, 60, who is extroverted, open-minded and adventurous, WLTM similarly warm, fun-loving and attractive 18-25 year-old guy. London/anywhere. ML 15629

ALL AROUND THE WORLD Attractive gay guy, 54, with brown-eyes and a warm, winning personality, WLTM that someone special, preferably for long-term relationship. Will travel the world for Mr. Right! Donegal. ML 15605

SHOW ME THE WAY Shy 28 year-old Male. Into squash, swimming, travel, photography & pubs. WLTM Males, Females & couples, 18+, to introduce him to naturism. Nottingham. ML 15974

WOMEN SEEKING WOMEN

CURIOSITY Slim, curvy, 31 year-old bi-curious Female & her husband, 28, seek a like-minded lady for fun. Suffolk. ML 22865

ENJOY LIFE! Female, 24, likes cinema, restaurants & holidays. Seeks single Female for fun & friendship. Birmingham. ML 20574

BI JOVE! Curious couple, she 31, slim & curvy. He 28. Seek adventurous Female for fun. Suffolk. ML 21334

FUN-LOVING BLONDE Outgoing & intelligent Female, 29. Into music, cinema & nights in/out. Seeks gay Female with similar interests, for fun times. South Wales. ML 17240

GODDESS. If you're not currently advertising, how will she find you? Make her search easier by placing your FREE ad today.

HOT 'N SPICEY Attractive & sexy 24 year-old Asian Female, into pubs/clubs & long walks

SAFETY FIRST

♥ Arrange meetings in public place, eg restaurants, pubs etc, not in your home. ♥ Don't give your address until you are sure that you want to continue the relationship. ♥ Trust your instincts and don't meet again if you have any doubt. ♥ On your first meeting, it is best to make your own way to and from the venue.

Participating advertisers must be 18 years or over.

Ads will run for 2 issues (space permitting).

We reserve the right to refuse any advert at our discretion.

Service supplied by Advanced Telecom Services.

along a beach. WLTM an attractive Female for fun & friendship. West Midlands. ML 15695

COUPLES

TWO'S COMPANY Attractive exhibitionist couple, he 30, well-endowed, 6', broad shoulders. She 42 & voluptuous. Seek broad-minded voyeurs. Coventry. ML 21302

TRY ANYTHING Exhibitionist Male, 6', medium build & well-endowed, WLTM broad-minded couples or singles. Cumbria. ML 21366

GET TOGETHER Indoor/outdoor naturist Male, 60s, seeks other naturists to set up indoor naturist group. Croydon. ML 21390

AWESOME 4 SOME Attractive couple, he 30, 6', she 42, voluptuous, seek mature bi couple, 50+, attractive, for fun. West Midlands. ML 22866

OPEN TO OFFERS Bisexual guy, 40s, seeks bisexual couple for adult fun, friendship & more. East Anglia. ML 22803

AFTERNOON DELIGHT Attractive, clean-shaven and bi-curious Male, 39, seeks mature couple, for afternoon fun. Blackpool. ML 18483

CAN I JOIN YOU Male, 30, seeks single/couple, for photographs, travel, beaches or massage. Cardiff. ML 18489

HAPPY SNAPPER Cardiff Male, 30, likes sport, massage & photography. Seeks single Female, or couple, to share trips to the beach & swimming. ML 18512

COSY COUPLES Outgoing & friendly Surrey couple, 40s. Seek similar, fun-loving couple, for fun times & friendship. ML 19996

RUB DOWN! Qualified masseur Male, 29, seeks Female or couple into H+E & massage. Northern Ireland. ML 20008

WHAT A COUPLE! Professional. She 35, slim & curvy. He 42 & fit. She bi-curious. Seek experienced couple for fun. Hampshire. ML 20423

FUN COUPLE Bisexual lady, 25, & slim Male, 32, attractive & open-minded, seek singles/couples for beaches & adult fun. Kent area. ML 20496

HOT COUPLE Late 30s couple, into photography, parties, videos & massage. Seek couples for fun time. Hampshire. ML 21253

JUST THE COUPLE! Adventurous pair, he 35, black & well-built, she 28, natural blonde. Seek Female or couples for lots of fun. Oxfordshire. ML 21286

MAKING FRIENDS Fit 36 year-old Male, new to naturism. Into massage, swimming & walking, seeks single/couple for friendship. Cornwall. ML 22618

EXHIBITIONIST Naturist Male, 42, 5'10", well-endowed & horny, WLTM an uninhibited, adventurous couple or Female for fun. Nottinghamshire. ML 22713

DOING IT TOGETHER Professional Male, 30s, into sports, foreign beaches, skiing, wining/dining, seeks single/couple for friendship. East Anglia/anywhere. ML 22750

NEW BUT CURIOUS Attractive couple, late-20s, seek a like-minded Female or couple, under 35, for uninhibited fun. ML 22839

TWO GOOD TWO BE TRUE Mature, professional couple, friendly & open-minded, WLTM other similarly attractive couples for fun & friendship. London. ML 12683

SUMMER FUN Happily married bi couple, 40s. WLTM similar couples, single Male/Females, for opulent pleasure this summertime. Cornwall. ML 16796

ATTRACTIVE COUPLE Imaginative, attractive, athletic couple, both 35, WLTM similar couples, or horny Female, for hot, safe, uninhibited sessions. Brighton. ML 12548

LET'S MEET! Happy couple, 30's, new to naturism, enjoy cinema & eating out, seek similar couples for friendship/holidays. London. ML 20396

THREE'S COMPANY Attractive, broad-minded duo, 40s, seek another guy, for bedroom fun. Essex. ML 22635

MASTER MASSEUR Sensual, fit, blue-eyed professional Male, 45. Extremely bi-curious, experienced masseur. Seeks couple for fun & enlightenment. London. ML 18062

ATTRACTIVE MOROCCAN Slim & attractive Moroccan Male, 23, into naturism. Seeks English naturist couple, any age, for good times. London. ML 18665

OPTIONS OPEN Horny, adonis, bisexual male, 32, open to all suggestions, seeks relaxed bi couple/females. South Yorkshire. ML 18712

WILLING TO LEARN Handsome, sociable Male, 45, new naturism, seeks friendly, outgoing single/couples to show him the scene. Essex. ML 19446

ARE YOU A COUPLE? Male, 41, 5'6", bi-curious, blue eyes, slim, enjoys photography, videos & nights out. Seeks couple, similar age, for naturist fun. Yorkshire. ML 19448

SHOW ME THE WAY! Male, 23, new to naturism, likes cooking & walking. Seeks Female, 20+, looks not important, for friendship. Gloucester. ML 21165

COSY COUPLES Down-to-earth couple, Male 30 & Female 26. Into TV & shopping. Seek couple for good times & massages! West Midlands. ML 16228

Browse Hotline

0897 555 217

to hear a selection of recent and forthcoming advertisers in all categories

DRESS SENSE Couple, Male 38 & Female 30. Into naturism, massage & dressing up. Seek couple 30-40s, for fun & friendship. Milton Keynes. ML 16494

SEXY SPARKLE Handsome & athletic bisexual Male. Into socialising & sunny days. Seeks an attractive couple to add sparkle to their lives! Lancashire. ML 17722

MINE'S A COUPLE! Male 32, new to naturism, broad-minded, seeks a couple for introduction & good, clean, adult fun. Buckinghamshire. ML 18603

GOOD-LOOKING GUY Muscular & good-looking Male, with GSOH. Into most things. WLTM adventurous couples, or singles, for fun times. Nottingham. ML 19239

BACK TO BASICS! Attractive, outgoing, sexy & vivacious nudists seek similarly minded people for days/nights/weekends naked together. Age irrelevant. Can travel. Cornwall/Plymouth area. ML 13299

NATURIST PLEASURES Open-minded 33 year-old Male, 5'10". Seeks couples/single Females for adult fun & naturist pleasures. South West. ML 16484

FUN FOR ALL Well-endowed professional Male, 48. Genuine naturist. Seeks couples/single Females, of any age, for mutual fun. Surrey. ML 19055

FUN & FROLICS Professional Male 35. Seeks bisexual couple of any age, for fun & friendship. Wales. ML 19092

CHARMING CHAP Charming, attractive & pierced 39 year-old Male. WLTM single Female's or couples, for photography, massage & indoor naturism. Coventry. ML 15651

ATTRACTIVE COUPLE This friendly couple, who have their own club, WLTM similarly extroverted and outgoing couples for purely naturistic pursuits. ML 16879

BUCKINGHAM'S PRINCE! An adventurous, fun-loving and open-minded 32 year-old, new to the naturist scene, WLTM an older, experienced couple. Oxford/Buckinghamshire. ML 15936

ON THE PILLION...? Relaxed, easy-going and friendly bike-riding couple, who are both avid naturists, frequently going to beaches, parks, etc., WLTM similar couple for fun and friendship. South Wales. ML 16001

FRANTIC FOUR-PLAY! This friendly, outgoing and open-minded 40-something couple, new to naturism, WLTM similarly fun-loving exhibitionists for fun and friendship. Can travel. Middlesex. ML 16424

GET 'EM OFF...! Do you enjoy the freedom of spirit that can only be achieved by shredding one's clothes and inhibitions? This attractive and ambidextrous masseur WLTM an open-minded couple...East Anglia. ML 17270

FOR YOUR EYES ONLY! This open-minded and voyeuristic 40-something couple, who are sensual, sexy and into massage and photography, WLTM similar for possible relationship. Cambridge. ML 17379

FOUR-PLAY! John, Sue & Ron WLTM an adventurous, bi-sexual Female to join their 'pierced posse' for fun, adult games. Essex. ML 14373

CANDID CAMERA This sexy, attractive & married 33 year-old F, WLTM mature gents for indoor/outdoor fun. Very photogenic, open-minded & vivacious, she's up for celluloid coupling, are you? Lincolnshire. ML 14964

FRIENDLY couple This open-minded couple, 25 & 30, WLTM other couples into naturism for beach visits, hill-walks & climbing. Lincolnshire. ML 15123

BACK TO BASICS! Horny, n/s couple, attractive & tall, WLTM single Females/couples, for adult fun & naturism. Suffolk. ML 13071

To respond to an ad or collect your messages, call

0897 555 218

Calls to 08975 numbers cost £1 per minute at all times

Please note this a UK phone line service. No Mail accepted.

River Island Retreat near Sydney may share its name with a British dress shop, but here the similarity ends - the clothes definitely come off in these changing rooms

Flying from Amsterdam to Sydney via Bangkok takes almost 20 hours and meant I came staggering off the plane exhausted. When I left Amsterdam the temperature was zero degrees while in Sydney it was 21 degrees late at night - the difference is draining.

After a night's rest I picked up my car and headed towards the harbour for sightseeing. A trip around the harbour is well worth it for some unmissable photographs, but don't forget to cover your head - I found the sun stinging. I even saw a shop selling everything you can think of to protect your skin against cancer.

I headed out on the highway for a two hour drive to River Island Nature Retreat. Colin and Katina, who own the club, bought the site 13 years ago. At the retreat you will find wonderful facilities including a restaurant, a cafe, a shop, playgrounds, cabins, a recreation room, a swimming pool, a whirlpool and an extremely relaxed atmosphere. You can bring a tent, caravan or rent a plot of land and build your own shelter.

There's 4km of unspoiled river frontage for those of you who like walking. If canoeing or trout fishing are your thing, then this is also the place for you. Colin told me there were about 120 different kinds of birds and when on one of many bushwalks I almost trod on a poisonous snake. I also saw a platypus and all sorts of butterflies. Other natural wonders



River Island - where clothes aren't fashionable

Getting there



Take the road to Mittagong (NR31 exit Mittagong) from Sydney. In Mittagong follow the sign to Wombean Caves Road (approx 5km) turn right here. You travel 34km on the Wombean Caves Road. The first part is surfaced then it turns into a dirt road and you have to take it easy. You will see a big sign on your left telling you you're almost there. After another 3km through mountainous country you arrive.

Robbert does his best not to frighten the wild life



No, too cold for a dip

include waterfalls, sandy beaches and an excellent river for swimming. The flies weren't quite so wonderful - bring repellent. It's great to walk all day in the bush, but always have lots of water with you, as you lose about one litre a day when it's hot.

This is a definite resort to keep in mind when visiting Sydney and the surrounding area. The sounds of the many birds, the rushing water, the wind blowing over your body all experienced on a naked bushwalk will make a visit to River Island Nature Retreat a memorable holiday. ■■■



Mallorca

- tourist trash or walkers' paradise?



Stick to the emptier beaches

Mallorca is an island of two halves. For many it epitomises the Spanish tourist industry; high rise hotels and shopping centres, for others it's a place of immense beauty and history.

The area of development has been confined to a limited section of the coast, The Bay of Palma, which sweeps down from the capital on both sides. For picturesque coves, stunning walking country and unspoilt villages you need to head to the north and east. The variety of landscape is outstanding here.

You may arrive at Mallorca by boat from Menorca at Port d'Alúcia in the north of the island or Palma de Mallorca, the capital and only real city in the Balearics.

Es Trenc

J Lamb checks out Es Trenc - a beach that's out on a limb, but worth the journey

My latest visit to Mallorca took me to the largest and most popular naturist beach, Playa Es Trenc, situated 45 km south east of the capital Palma. You find Es Trenc between the small coastal resorts of Ses Covetes and Colonia Sant Jordi.

This sandy beach is backed by spectacular sand dunes, stretches ahead into the distance.

Mallorca or Majorca, even the name of this island has a split identity. With reports of both over development and of a natural idyll, we find out the truth behind the Mallorcan contradiction

It takes about an hour to walk its length, in and out the numerous coves. There are four restaurants/bars and plenty of sunbeds to hire.

Unfortunately it was very cloudy on the day I chose to go, although there were still plenty of people about, with more arriving steadily through the day. People wearing swimsuits outnumber the naked by about four to one, which from past experience on Mallorca's beaches, seems par for the course.

The nice thing about Es Trenc is that one can choose to be completely private in the seclusion of the sand dunes or socialise on the busy beach. On the downside it's a bit of a journey to get there, and in my opinion doesn't match the more sheltered and breathtaking El Mago to the east of Magaluf.



The beach Es Trenc

Getting there

Drive from Palma along the C717 through Llucmajor then on to Campos. Turn right towards La Rapita before turning left at the sign to Ses Salves, then right following the signs to Es Trenc. The drive takes you through some pretty farmland, past farm buildings until arriving at Ses Covetes, with car park and bars/restaurants. There is an alternative car park about halfway along the 4km beach and another at the larger resort of Colonia Sant Jordi.

The Surrounding Area

Eastern Mallorca is becoming fairly built up. The resorts are popular and crowded, so it's advisable to book an early or go for a late holiday. Heading towards Es Trenc on the southern shore, past Cap de Ses Salines, much of the land is privately owned by a Spanish banking magnet Joan March. She preserves this land as a private nature reserve - good for the environment but no good for naturists. The nearest town to Es Trenc, Sa Rapita, is mainly holiday villas.

Rainy days

If you're unlucky enough to hit a spot of bad weather or maybe you're fed up of lying in the sun - what other options are there? The capital Palma has a lot to keep the jaded naturist occupied.

The cathedral

The great Gothic cathedral dominates the city from a wall above the seafront. The building is five hundred years old but much of the internal work was carried out by Antoni Gaudí, whose architectural achievements can be seen throughout Barcelona.

The height of the cathedral and the impact

of its huge exterior buttresses makes for a great impression on the visitor.

If you can plan to visit on a Sunday about 10.30am you'll be in for a treat. The Missa solemne, including Latin chanting, is wonderful. There are other masses held throughout the day.

Opening hours; Mon-Fri 10am - 6pm, Sat 10am - 2.30pm and open for services.

Palau de L'Almudain and La Llotja

Opposite the cathedral entrance is the imposing Palau de L'Almudain residence of the Moors, then later, the Mallorcan kings. You can be guided round the building with an English commentary.

The areas you're permitted to see (much of it is cordoned off) date from the 13th to 15th centuries when the it was rebuilt under Christian rule.

The Council Room is actually still used by King Juan Carlos when he convenes the Mallorcan assemblies and the chapel is used by army officers for their Masses and weddings.

Opening hours; June-Sept, Mon-Fri 10am - 7pm, Oct-May Mon-Fri 10.30am - 2pm and 4pm - 6pm.)

Eating out in Palma can be good value. The best budget meals are in the crowded cafés dotted around the town. The cafés at the top of Passeig des Born serve up particularly good breakfasts, and if you stay away from the touristy restaurants you can find genuine Spanish cooking at very good prices.

Walking


For many people there's nothing like striding through the countryside starkers. For them Mallorca is ideal - but as the island is very popular with walkers, discretion may be called for.

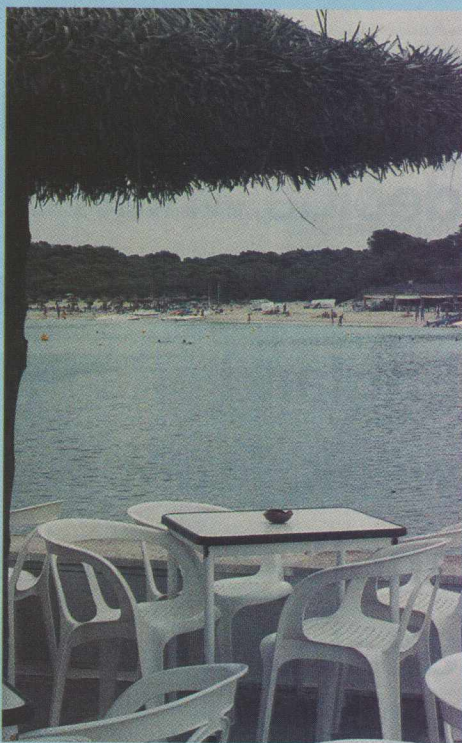
North west Mallorca provides some of the best opportunities for walking. The gnarled ridge of Sierra de Tramuntana is great for the serious hiker. Sóller and Deiá, positioned about half way through the journey, make great overnight stops.

There's lots of information available for walkers and the paths are well-marked.

For people after something a little gentler, the Cornadors circuit starting from Sóller is an 'easy' introduction. This walk can be done under five hours. There is another attractive walk from Sóller to Deiá which can be completed in about three hours and gives you a chance to stop off and swim.

Recommended Reads

Twelve Classic Hikes on Mallorca, sold in the Sóller bookshop, and Guía de Sóller from the tourist office. 



Palm - fringed paradise



BAB'S DIARY

Strawberries in England and muscles in Spain!



**Babs and Mike just can't
decide which country they'd
rather be in - it's
England one
week, France
another week and
Spain the next!**

Back in London for a while and one of the things on our busy agenda was a visit to friends living nearby. Tom's latest hobby is designing and making body jewellery. It's just for him and his wife, and for his own amusement. He is a regular visitor to his local DIY store to buy washers and chains and to the haberdashery stall at his local market for bits of leather and other decorative pieces - if only the shop assistants knew what they were being turned into!

On a sweltering hot day we drove down to Nureka to see how they were getting on. I was hot and clammy after the journey and eager to shed my clothes as soon as we arrived. We had a stroll though the woodlands where it was nice and cool.

I was pleased to see old friends, and there was so much to chat about and a lot of naturist news to catch up on. It was lovely to reminisce over old times, laughing and joking - they are such a happy crowd. I was also pleased to see my feline friend Nelson has settled well into his new home. He is like a celebrity and gets a lot of attention.

After sunbathing we stayed for a while as it was party night and in the evening we danced to some of our favourite songs. Driving back to London I felt happy, relaxed and content. It had been a really nice day out.

I had a couple of free tickets from Harrods for the London Furniture Show, and as my brother-in-law was exhibiting there we popped along to have a quick look around.

There was some beautiful furniture on show, but what really caught my eye was a stand displaying hand crafted collectables which included several life size figures. My favourite was King Kong - I'd love to have him sitting in a corner of my room! On the way home I stopped by the side of Chelsea bridge to take a photo of a statue of a beautiful, naked girl that I had admired



Reminiscing at Nureka

many times when passing. Right behind us an ad agency was busy photographing Marks & Spencer's new autumn range of clothing in the stifling summer heat, using the bridge as a background.

A stroll through Hyde Park with the one I love - what an idyllic way to spend my birthday. We sat watching the boats drifting along the water and the pigeons scavenging anything edible.

Further on I noticed a large crowd gathered on one of the pathways and discovered them to be rollerbladers. This little group consisted of all ages, from children right up to 60 year-olds. Most of them were colourfully dressed and performing superb displays of skill at high speed. We enjoyed spending some time watching them.

It was time to eat so we crossed Park Lane into Mayfair. We decided to eat at a Lebanese restaurant in Shepherd's Market called Al Hamra. There was a real cosmopolitan atmosphere as people sat outside the bars and restaurants in the small narrow streets.

I enjoyed my meal while watching the passers-by. It was hard to imagine that in the 1890s there were farm animals roaming the green fields of this area, now the central hub of a great city.

In nearby Stanhope Street, the little Shepherd's Cottage from which the area takes its name is still standing, a plaque dated 1618 above the doorway.

Finally we went to one of my favourite bars, "Windows" at the very top of the Hilton Hotel. Here I sat, sipping my Martini while I looked over the bright lights of London. A heavenly end to another wonderful day.

We left England on the midnight shuttle, heading back to France. It was a good time to travel as there was little traffic on the roads. I saw the dawn break, the sun rise and watched the world come alive after a night's slumber.

Friends that were holidaying in Spain, at Salou, invited us to spend a couple of days with them. It's a very popular holiday area but our friends didn't enjoy the number of people around them. It was very noisy with throbbing music from the discos and bars. The beaches were packed with people laying like sardines on the crowded sands.

We took them to a naturist beach nearby that we knew of which was clean, quiet and just perfect. Our friends are not naturists but once on the beach they didn't hesitate to strip off.

It was great to sunbathe and swim together naked. They really enjoyed their day and on the way back to the hotel told us they'd felt totally at ease as they relaxed on the beach. I wondered if they'd manage to find another day to slip off and enjoy the naturist beach again.

On our way back home we stopped off at another naturist beach in Spain. While I was having a paddle in the sea I chatted to a rather nice Spanish man who was busy picking mussels from the rocks. He was quite happy to be photographed for the magazine and told us about another beach which we might visit another day.

I know that Spanish men have a reputation for being hot-blooded and many of those I saw on my travels were rather good looking. It's very difficult when they get the wrong idea and become rather amorous when you're just trying to be sociable. So ladies, when you're in Spain - be careful!



In France, Le Feu de St Jeanne brings the month of June to a close. Every year a bonfire is lit in the village square in honour of Joan of Arc, who was burnt at the stake in 1431. This young illiterate peasant girl, who was supposedly controlled by voices in her head, at the tender age of 17 rode into battle at the front of her troops and became a martyr in the process. There is a statue in our village square erected in her memory.

Sitting up in bed in the morning I watch the swifts swooping and diving at terrific speed to catch insects for their young. Two kestrels have hatched since we left for England but the little redstart has flown - and so has another month. **H&E**

What would they say at Wimbledon!

H&E first time confessions

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Stripping off to avoid the crowds

DIANA AND GEORGE



At the time of writing this column, George and I have just come back from Rhoscolyn in Wales. The weather was rubbish (the nearest I got to nude was a t-shirt - and George kept two jumpers on!) However, the company was not rubbish. The Rhoscolyn weekend/week has been organised for years by Ken Williams from the Mancunian club. Ken imparts just the right amount of 'persuasion' upon one to get off your bum, join in and be sociable. That is a gift not given to everyone:

"My wife and I joined a naturist club early this summer. We both agreed it seemed like a natural progression for us. We first tried out naturism last year when we were on holiday in France and found ourselves on a beach of naked bodies one day. To cut the story short, we ummed and erred, but eventually joined them. From then until we have never looked back. The club seemed a good idea for the UK, as we felt it was time to find some friends that shared our interests. The place we tried was lovely, and the first hour or so a delight. We settled on the sun lawn and I fell asleep. My wife read the paper. Imagine my surprise to be awakened by a chap engaging in loud conversation with my wife, telling her there was a boules competition - would she like to join in? She did not wish to, but it did not seem to satisfy our man. After a few minutes he reappeared, repeating his request and saying he knew

that she'd do well in the competition and what was she waiting for. Again, she politely declined. He still came back again! This time he wanted to know if she had tried the pool out yet. By this time, I was getting annoyed. We got up and moved ourselves to a different corner of the lawn, only to find our man reappeared within a few yards of us after a short period of time. This continued all day. We love the club grounds, but not this occupant! How can we shake him off?

D It's often a fine line between extending a friendly welcome to new club members and over-socialising. It could be interpreted that this man was just being helpful.

G No way, José! If he was just being sociable, he wouldn't have followed them about the grounds, and he wouldn't have focussed his attention so squarely on the wife.

D True. Then I think one solution would be to ask him if he'd push off and leave them alone.

G A little more subtlety might help! If the man's wife just didn't utter a word to the dodgy chap, and the

husband did all the answering, I reckon Mr Dodgy would soon move on to pastures new. People like him prey on the fact that most people will continue to answer and talk politely even though they're faced with a right pain in the bum. So - your wife should cold shoulder him, you answer him in mono-syllables, and it may even be a good idea to mention his behaviour 'in passing' to the club membership secretary so he doesn't inflict himself on the next unsuspecting couple to enter the grounds.

D I wonder is he was single? It's a common (but often misguided) assumption that all the bother comes from the unattached, but my bet is was a bored attached male:

"We belong to a club and go there most weekends in the good weather. I've got quite involved in the place and sometimes help with tidying up the flower beds a bit, or cleaning around in the kitchen and so on. I enjoy nattering with other members too. My husband has always been the less social of us, so I tend to go off and enjoy my 'pottering' while he dozes off. Lately however, I've noticed he's stopped dozing off and started chatting to one



Are you plagued by unwanted company?

woman in particular. I got rather upset about this, but he says I'm just being silly - I socialise, so why shouldn't he. Do you think I'm silly?"

G Warning bells! I think you're over reacting in the present circumstances, but I do think it's time you stopped nattering over the tea urns and joined your husband for a change, or you may land up with something to seriously worry about.

D Yes, it's the "one woman in particular" aspect that concerns me. He has, of course, equal right to talk to anyone he chooses, but if he really is fine-tuning himself to one person, it smacks to me of something potentially more dangerous than a sun club afternoon chat - especially if she's fine tuning to him too! Make a point of joining in the conversation whenever you see them together so that both parties are aware on a sub-conscious level that you're around, you're aware and that your husband is quite definitely spoken for!

G We seem to be having a sun club etiquette month. To balance the books a bit, here's one from the beach brigade:

"Has anyone got any tips about how as a naturist on a decent beach you can stop bits of sand getting into the most delicate folds of skin?"

D Same way as a naturist on an indecent beach?

G Oh ha, ha, that'll make the infamous Ken William's Rhoscolyn joke book Volume 6.

D There are only three volumes and I think you mean the Ken William's infamous joke book, not the infamous Ken Williams?

G Exactly so. Anyway, I suggest the sea, if not polluted, is the best first point of call to sluice away the sand.

D That doesn't work very well, does it? You come out

and it all gets stuck to you again. One thing I know makes the sand problem worse and that is putting sun oil on. Lotion is better if you wish to avoid looking like a piece of sandpaper after you lay down.

G Always sitting on a towel helps too - or even better a towel on one of those reed type roll up mattresses. The sand just runs back through them. Anyone else got helpful hints in this direction? Let's look at another area of naked activity:

"Why is it that you naturist magazines are always going on about beaches and clubs? I've never been to either, I just enjoy being naked. I don't see the need to be with others to take your clothes off. Why don't you ever talk about nudity in your house?"

D True, there are more shades to this naked lifestyle lark than we often mention. Maybe that's because people want to hear about the available beaches and clubs they could visit, whereas my house, your house, or indeed most people's houses are not open for naturists to drop in!

G No, but house nudies must be a huge section of the naturist, or potential naturist population. And apart from the naturist B&Bs, there are probably loads of people who just have naked dinner parties, or naked evenings with friends at each other's houses and so on.

If you have a problem you'd like to ask George and Diana about, write in to: George and Diana, New Freedom Publications Ltd., Bow House Business Centre, London, E3 2SE. If you'd like a personal reply, please send a stamped addressed envelope.

If you run a naturist B&B of a naturist special interest group of some sort, please do write in and tell us.

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D I wonder if it is loads. We, for instance, rarely go nude at home. Our naturism is definitely a holiday, beach, good weather kind of thing.

G Write in and tell us if you're a home nudie. Let's find out about the vast array of ways you can enjoy your naturist activities. let's hear about the barbecues and the naked lunches... **HE**

Sun, sea and fun in . . .

Cornwall



You are spoilt for your naked choice in this area

Perranporth Beach at the north of Perran Bay has always been a popular beach. You'll find textile holiday-makers at the southern end but as you go up the beach it becomes increasingly naturist. This is one beach where naturists get the better deal, as the cliffs at the northern end provide greater shelter for beach users.

The naturist section is best approached by walking up the beach. Park the car in Perranporth village which is a mile away, or at one of the caravan parks, and save your legs.



Polgaver naturist beach near St Austell is privately owned by the Cornish Coliseum Company. You reach the beach through the grounds of the Cornish Leisure World entertainments complex in Carlyon Bay.

If arriving by car just follow signs to the Cornish Leisure World. At the time of writing, David Martin remarks its future wasn't secure.

Vault Beach (on maps as Bow Beach) is a good alternative to Polgaver Bay. From the picturesque seaside village of Gorran Haven, drive up Lamledra Hill toward the youth hostel. Leave your car in the National Trust car park and follow a grassy footpath in front of a hotel and then down a steep but safe and easy cliff path to the north eastern end of Bow Beach.

Pednevounder (Pedney) Beach near Land's End is a real find, despite the walk down

there. When you're almost at Land's End, find the tiny village of Treen which lies at the end of a "No Through Road"

just off the B3315. Park the car in the village and walk back to the Post Office and then turn south west along a farm track which leads uphill out of the village. About 400 yards along this track the track meets up with the Cornwall North Coast Footpath. For the naturist beach continue straight over the coastal footpath and continue along a grassy path leading downhill and bending to the right. After a couple of hundred yards there is a sharp left turning as another, even narrower, path leads off to the beach. The last 20 yards are a bit of a scramble.

Saunton Sands is a 3 mile length of wide and sandy beach between the Saunton Sands Hotel and the estuary. Park the car in Saunton village and from the hotel walk for a mile south along the beach. Naturists have used this beach for a while.

To get to **Strangles Beach** near Boscastle, leave the B3263 3 miles north of Boscombe. Turn left onto the road signposted to High Cliff which then becomes a lane to Crackington Haven. Park at High Cliff National Trust car park and take the path opposite to the beach. You may find more naturists to the north beyond the large rock. **III**

Naturist beaches in the south 0891 805 438

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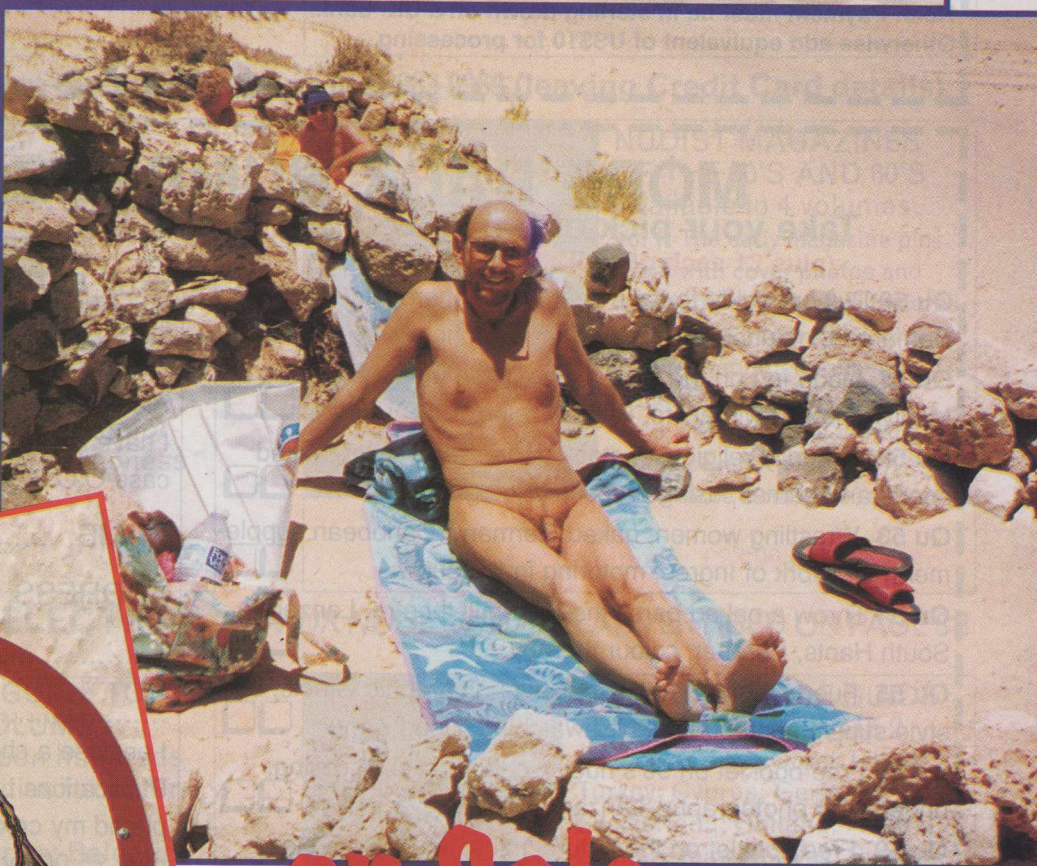
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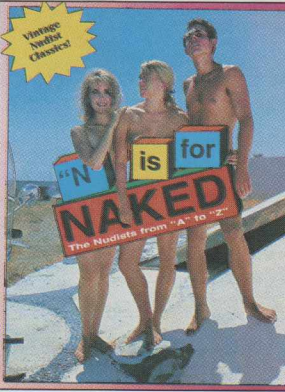
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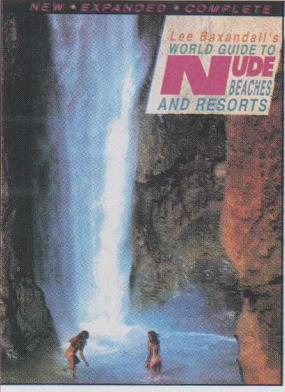


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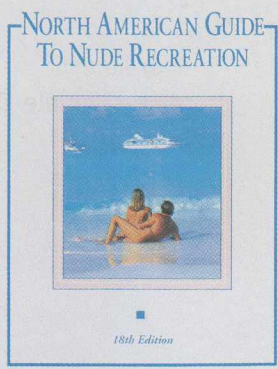
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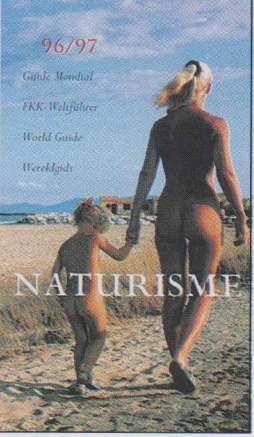


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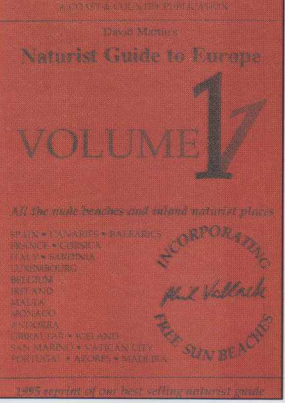


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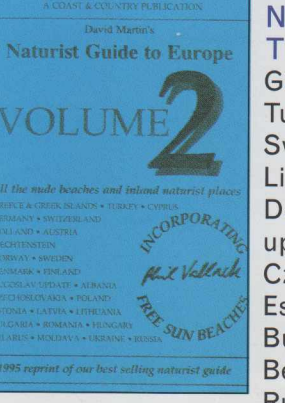
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